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The new Alberta

CHANGE: Meet some of the new faces

NOTLEY: What to expect from her first 90 days in office

BUSINESS: Stock markets nosedive after election shock

VIEWS: Chantal Hébert and Rosemary Westwood

Transit, housing top mayors' lists

Jim Watson still optimistic about funding

Lucy Scholey
Metro | Ottawa

It was a quieter big-city mayors' meeting without Rob Ford — and far less entertaining.

But Ottawa Mayor Jim Watson said the Large Urban Mayors' Caucus of Ontario (LUMCO) was more "agreeable" without Toronto's (in) famous politician.

"I think he was a distraction from important municipal issues," said Watson, at Ottawa City Hall, where several mayors and representatives from 27 municipalities across the province met.

A year ago, Ford stormed into Ottawa for the Big City Mayors' Caucus and drew the ire of his peers, in part for his then-recent crack-smoking allegations.

Current Toronto Mayor John Tory could not attend the meeting, but has been participating.

Unsurprisingly, similar issues were put on the table at the mayoral meeting of minds: transit, jobs and affordable housing.

"Of course, it's a crowded field. There are many priorities," Jeff Lehman, the mayor of Barrie and LUMCO chairman.

"Not a lot of money always to go around but we know if the investments aren't made in things like infrastructure, if we do not get a housing market that works for all Canadians, all Ontarians, we will not be able to succeed in the global economy."

Watson said he's optimistic both the province and the federal government are listening to cities.

"Sometimes, we sound a bit like a broken record, but we know that the system is broken," he said. "Property taxpayers alone cannot pay for multi-hundred million and billion-dollar transit programs."

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Ottawa NDP rides Alberta victory

POLITICS

Incoming premier keeps her distance

Lucy Scholey
Metro | Ottawa

Ottawa-area New Democrats are crossing their fingers, hoping the Alberta orange wave will have ripple effects across the country leading up to the federal election. Hot off the provincial party's historic throwdown of the Progressive Conservatives' four-decade stronghold, MPs in the National Capital Region felt they had reason to celebrate on Wednesday.

A glowing Tom Mulcair compared the upset to his election run in the Liberal stronghold of Outremont in 2007.

"We were told that we didn't have a chance, that we could never break through in the province of Quebec and you saw how that went," said the federal NDP leader.

"I guess now that we have to realize that there are a couple of really solid NDP strongholds — they're Alberta and Quebec."

Ottawa Centre NDP MP Paul Dewar said the win shows "momentum for the NDP" that will rub off on the rest of the country.

"It really is an important signal to people that they don't have to be limited to just the old two parties," he said.

Now that the federal Conservatives have lost John Baird in the Ottawa West-Nepean riding, the NDP has a greater chance in the National Capital Region, added Mathieu Ravignat, the party's Pontiac MP.

"It just goes to show you that all over the country, people are willing to vote for the NDP," he said.

Despite praise from Ottawa's NDP, incoming Premier Rachel Notley appeared to distance herself from Mulcair during the campaign. When Progressive Conservative rival Jim Prentice mentioned Mulcair's opposition to pipelines, Notley insisted she had not spoken with him for "months and months."

Mulcair, who has said he opposes lines that ship raw product for refining abroad, has been a polarizing figure on pipelines in Alberta.

On Wednesday, Notley was asked again about her connection to Mulcair and the federal party.

"I have a great deal of respect for Tom Mulcair," Notley told a news conference.

"I think he's a great national leader, but my job is going to be to focus on being the premier of Alberta and representing the interests of Albertans."

Ian Capstick, former NDP press secretary who now heads Ottawa-based social media company MediaStyle, called the Alberta upset a "long time coming."

"The key, I think, is really understanding the Canadian electorate is incredibly volatile at the moment," he said.

"You can't really predict Canadian politics and you shouldn't try to predict the electorate because anytime that we attempt to, we're usually wrong."

—WITH FILES FROM THE CANADIAN PRESS

"I think the lesson, certainly that I've picked up on, is if you become too complacent, you risk losing your job and losing government.
Mayor Jim Watson

"There is no such thing as a crystal ball in politics. And anybody who tries to pretend to look into it is probably really staring into a magic eight ball.
Ian Capstick, founder of MediaStyle

"It shows that there's momentum with the NDP.
Paul Dewar, Ottawa-Centre NDP MP

"It was already a three-way race, but now it's clear that we have support all over the country and I'm looking forward to the federal election.
Mathieu Ravignat, Pontiac NDP MP

"Everybody is overjoyed at the extraordinary campaign Rachel Notley and the whole NDP crew ran in Alberta. Couldn't be happier.
Tom Mulcair, federal NDP leader

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Report finds parking pinch

TRANSPORTATION

Cheaper rates, more spaces proposed for Little Italy

Haley Ritchie
Metro | Ottawa

Little Italy can seem like a very small place if you're looking for a parking spot, says a report accepted by the transportation committee on Wednesday.

Several new condo developments have put the parking situation in the spotlight. Emphasized in the report is that the area south of the highway is already over capacity and solutions are needed to deal with the 63 per cent increase in population expected by 2031.

To encourage parking in underutilized areas, the report recommends reducing rates in the municipal lot at 301 Preston St. and reducing on-street rates on Rochester to $1.50 an hour from $3 an hour.

Additional signage was also proposed.

Going forward, the report suggested the city start looking for a way to increase parking in the neighbourhood's southern end, either by building a new lot or partnering with a developer.

Somerset ward councillor Catherine McKenney said she was concerned that while high-density building was being encouraged, the city was relaxing requirements for visitor parking, putting additional pressure on the area.

"When new developments don't put in the required parking, two things happen: local businesses don't have space for their customers to park, and it encroaches on existing developments," she said.

"I think that's a big problem here and a big problem moving forward as we intensify the downtown," she said.

The city said it is trying to "put the car in the back seat" and encourage alternative methods of transportation, like cycling and public transport.

McKenney said she agrees with that idea but it's not always realistic to look at those methods exclusively, especially when minimum visitor parking amounts aren't enforced.

"Your parents may not cycle from Barrhaven to visit their grandkids, so if you don't provide that minimum requirement of parking, it encroaches on our existing neighbourhoods," she said.

> **If you don't provide that minimum requirement of parking, it encroaches on our existing neighbourhoods.**
> Coun. Catherine McKenney

The report also suggested that changes could be made to city bylaws to require car-sharing spaces and the "unbundling" of parking, which would give developers more flexibility in providing public parking.

More bike posts and rings in the area was a suggested solution to complaints about the lack of bike parking.

Parking enforcement in Little Italy brought up conflicting views.

While business owners said aggressive ticketing was driving away business, many residents felt enough wasn't being done.

A report prepared for the transportation committee says the city should consider building a new parking lot in Little Italy's south end. METRO FILE

SWEET SPOTS

Parking in Little Italy is generally pretty tricky, especially if you want those coveted spots that allow free parking for a couple of hours. According to data presented in the report for the transportation committee (based on a one-day survey in 2014), these are the areas where you can find hidden parking gems.

Noon on a weekday

If you're heading out on a lunch break, think north. There are plenty of free, three-hour spots available north of Somerset. If you're not staying long, there are also one-hour spots available along Preston Street.

Weekday evenings

Good luck finding a space across from a restaurant on a weeknight. There are plenty of one-hour spots a block east on Rochester, but if you're staying for dinner, try Balsam Street for free two-hour street parking.

Saturday afternoon

This is one of Little Italy's busiest times for parking, but the city lot at 301 Preston, just north of the highway, is so underutilized the city is considering lowering rates and increasing signage.

Sunday morning

If you're willing to walk off that Sunday morning brunch, free street parking is usually unoccupied a block east of Preston Street along Rochester. The sweet spot at 10 a.m. on a Sunday is apparently the entire block surrounding the Protection of the Mother of God Parish on Booth Street.

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Metro News Ottawa

LUSITANIA SUNK

100 YEARS AGO TODAY

ON MAY 7, 1915, a German U-boat torpedoed the luxury ocean liner *Lusitania*. It is a story that many of us think we know but don't, and Erik Larson switches between hunter and hunted to show the array of forces both grand and achingly small—hubris, a chance fog, a closely guarded secret, and more—which converged to produce one of the great disasters of history.

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Residents up in arms over street sweepers

INFRASTRUCTURE

Loud vehicles keep people awake with late-night runs

Haley Ritchie
Metro | Ottawa

Gloucester-Southgate Councillor Diane Deans asked city staff Wednesday to look at the feasibility of expanding the city's concentrated street-sweeping areas.

Deans said several of her residents have complained about being woken in the middle of the night by the loud street-sweeping vehicles, which run around the clock.

"I had one street where, anecdotally, they told me that the street sweepers came down the street on five separate occasions," said Deans. "Everybody wants the streets clean but if it happens five times, that gets a little much."

Areas of the downtown core that are designated as "concentrated sweeping" have signs posted on the streets warning residents they will be towed if they park during the restricted hours.

No such signs are put up in Deans' ward, and she said that as a result sweepers have to come back multiple times because cars are constantly in the way.

"I'm asking for a cost-benefit analysis because I'm just not sure that financially makes sense," she said.

"Residents don't think that's efficient in terms of the allocation of our resources and they're disturbed by the noise and the bother of it, especially when it's in the wee hours of the morning."

Residents are complaining about late-night street sweeping. JENNIFER FRIESEN/FOR METRO

YOGA GET YOUR OHM ON ALL SUMMER LONG People take part in a yoga session on Parliament Hill in Ottawa on Wednesday. The free, hour-long event is hosted by Canadian yoga retailer Lululemon Athletica and takes place weekly from May until September. JUSTIN TANG/THE CANADIAN PRESS

TRANSPORTATION

New car-sharing service hits the streets

There's a new competitor in the ring for those looking to get around town on the cheap if owning a car is not an option.

Zipcar, a car-sharing service that started in Boston in 2000 and first came to Canada in 2006, opened for business in Ottawa on Wednesday with 23 cars available at launch.

It works similarly to other car-sharing services such as Vrtucar, which lets users rent a car of their choice at a fixed rate.

But Zipcar's general manager of Ontario, Nicola McLeod, said she's not worried about the competition.

"We're used to working and living in cities where there are alternatives," she said.

"Different services offer different amenities to different members and what we know being in a global market — we're in seven countries — we do fulfill the needs of many members."

So far, there are 10 Zipcar lots scattered in and around downtown, including one in the Glebe and in Lowertown.

More locations and cars will be added as demand increases, the company said.

> **We understand that there are many modes of transportation. We think it's excellent that there is and we actually want to be part of it.**
> Nicola McLeod

When the service launched in Toronto in 2006, there were close to 100 cars. Now, there are 650 cars available.

A usual annual membership fee costs $70 with a $30 one-time application fee. Rental rates range from $10 per hour depending on the type of vehicle.

However, the company is running a promotion until July 1 with rates starting from $7.75 per hour and a $15 annual fee.

Deputy Mayor Mark Taylor congratulated Zipcar for entering the Ottawa market and said car sharing can help lead to less cars on the road, less congestion, and less pollution.

JOE LOFARO/METRO

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Vibrant personal style makes Iris an icon at 93

FILM

New Yorker is focus of new documentary

Lucy Scholey
Metro | Ottawa

Wearing big round glasses and layers of colourful bangles, Iris Apfel haggles for deals at thrift stores.

It's a recurring scene in the new documentary Iris, about the 93-year-old New York fashion icon. The film will be screened across Canada this month, including at Ottawa's ByTowne Cinema on May 20.

The natty nonagenarian talked to Metro about her style. This interview has been edited for clarity.

Metro: Can you describe how your fashion sense has evolved?

Iris Apfel: I think my look has been pretty much the same forever. I mean, it's gotten a little more sophisticated, perhaps.

But I don't think my style has changed. I'm still the same person. I was always known for being extremely colourful.

I wear less colour now, I think, than I did before.

M: What do you think of today's Instagram and YouTube style icons?

IA: I don't know much about it. Technologically, I live in the 17th century and I don't do computer and I don't do Internet, so I really don't know.

But I did a program for YouTube when I was in California and what I saw when I was there was a little bit frightening.

Not my idea of what style icons should be.

M: Maybe you can tell me a little bit more about what styles you think will last until the end of time.

IA: There is no one style that will last until the end of time. Style is a very personal thing. It has to be part of the person who is stylish.

It's a huge mistake looking for some sort of universal style. It's fashion, but style is quite different.

Style is an attitude, an expression of one's personality, and it can't be a one-size-fits-all kind of thing, in my view.

M: Any trends you're not big on?

IA: I don't follow trends. I think they're foolish. I mean, if trends work for you, then great. The fashion press, they're very dictatorial — you must have this, this is in, this is out, the 10 things you have to have this season.

I mean, you don't have to have anything this season if it doesn't suit you. And you have to have the ability to choose what suits you if you want to look interesting and not just follow the herd and look like one of the sheep.

M: Do you have any advice on how one can establish an individual style?

IA: You have to work at it. A lot of people don't want to do it. They want instant everything.

You have to know who you are, what you can carry, how much time you're willing to put into it. It takes a long time. You have to try things and see how they work. Sometimes they work very well and sometimes they don't.

Iris Apfel, 93, above and left, is the focus of the new documentary Iris, which comes to Ottawa May 20. BRUCE WEBER PHOTOS

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NEWFOUNDLAND, NOVA SCOTIA AND MANITOBA

Suspicious packages sent to court buildings

Some court buildings in two Atlantic provinces dealt with suspicious packages on Wednesday, the latest in a series of similar incidents.

Police in Newfoundland say a total of five suspicious packages were reviewed without incident.

In Nova Scotia, RCMP said court buildings in Sydney, Yarmouth, Digby, Port Hawkesbury and Truro had suspicious packages delivered or intercepted before delivery Wednesday.

RCMP Staff Sgt. Boyd Merrill says the packages in Newfoundland were reported in Grand Falls-Windsor, Gander, Stephenville, Clarenville and Grand Bank.

The RCMP say none of the packages have so far posed a risk to the public.

In Nova Scotia, the Mounties have assigned their major crimes unit to the case. "At this time we do not believe these packages put the public at any risk, however we must remain vigilant and take all necessary precautions," Insp. Larry Wilson of the major crimes said in a statement.

Two more packages forced the evacuation of the provincial Supreme Court building in St. John's and the Danny Williams Building, a court complex in Corner Brook.

Three of the packages in Newfoundland have been confirmed by police as originating from the same international address and with similar contents to packages reviewed by the RCMP in Nova Scotia. But RCMP say they can't confirm any link with similar deliveries in Nova Scotia and Manitoba.

Packages were received April 8 at Manitoba provincial court buildings in Winnipeg, Brandon, Morden and Minnedosa, all of which tested negative for dangerous substances.

THE CANADIAN PRESS

QUEBEC PROVINCE LOOKS AT GETTING TOUGH ON SMOKING Robert Labelle smokes a cigarette as his friends Gilles Garand, left, and Michel Casey, centre, look on, Wednesday in Montreal. The Liberals tabled Bill 44 Tuesday, which would put an end to smoking on restaurant and bar patios. Some bar owners are worried that the new rules will result in clients opting to stay home at a time when business is already slumping. COLIN PERKEL/THE CANADIAN PRESS

SOUTHERN ONTARIO

Child porn bust prompts international operation

Dozens of suspects have been arrested in connection with a child pornography investigation that began in southern Ontario and spanned many countries.

Details of the investigation — known as Project Hydra — were revealed by York Regional Police on Wednesday.

"Our project began with one child victim in York Region and through investigation has grown into a significant international project with thousands of potential victims," said Insp. Tim Kelly.

Police said 41 suspects have been arrested and 110 charges have been laid in North America. The charges include possession, distribution and accessing of child pornography. Seventeen of the suspects were arrested in Canada.

The investigation began in April last year after the Ottawa-based National Child Exploitation Co-ordination Centre told York Regional Police about images of child pornography that were uploaded from a residence in York Region.

After executing a search warrant at the residence, investigators learned that a young person had allegedly uploaded the images.

"The young person advised investigators that they had been chatting, sending and receiving child pornography with unknown people throughout the world via popular social networking websites and private chat rooms," said Kelly.

"Investigators learned that the young person had been a victim of child exploitation and had been coerced into providing self exploited images to the unknown people online."

That finding opened the door to a much larger operation.

Police contacted owners of the website used by the young person and identified suspects around the world who were exchanging child pornography through the use of cloud storage.

THE CANADIAN PRESS

Omar Khadr rejects terrorism, al-Qaida

ALBERTA

Former Guantanamo inmate opens up in interview

Former Guantanamo Bay inmate Omar Khadr still suffers nightmares of the firefight in which he was grievously wounded, and still isn't entirely sure what happened that fateful day, but says he wants no part of violent extremism.

The information — a rare insight into Khadr's views in his own words — is contained in an extensive interview he did recently with a prison psychologist in support of his successful bid to be reclassified as a minimum security inmate.

"You shouldn't distort things to appease others or to suit your own agenda. I don't believe in al-Qaida killing innocents to further their belief," Khadr says.

"I hope there won't be this terrorism nonsense — I'm not going to get involved."

American soldiers captured Khadr, then 15, in the bombed-out ruins of a compound in Afghanistan following a brutal four-hour battle in July 2002. He had gaping wounds in his back, shrapnel in his eyes.

Khadr says he's still not sure exactly what went down in the firefight that left U.S. special forces soldier Sgt. Chris Speer dead and Sgt. Layne Morris blinded in one eye.

"I heard Americans. I heard shooting. I was scared. I had a hand grenade. I threw it over my back and it exploded. I wanted to scare them away. I wasn't thinking about the consequences. After that, I was shot," he says.

> **"I don't believe in al-Qaida killing innocents to further their belief.**
> Omar Khadr

"I have nightmares of the firefight. Sometimes I can't run away in the dreams."

Following his capture, the Toronto-born Khadr was taken to Bagram and then shipped to Guantanamo Bay, where he remained for a decade. In 2010, he pleaded guilty to five war crimes before a discredited U.S. military commission, including murder for Speer's death and spying. Even so, he says, he clings to the hope it wasn't him that killed Speer.

"I still take responsibility," he says. "If I did kill (Speer), that would be a very sad thing."

The documents, filed in the Alberta Court of Appeal, are part of Khadr's bid for bail while he appeals his war crimes conviction in the United States.

The court will rule Thursday whether to grant the federal government's request to stay an earlier ruling that he should be allowed out. A ruling in his favour could see him leave prison for the first time in almost 13 years under several restrictions that include wearing a tracking device. THE CANADIAN PRESS

SECOND WORLD WAR

Canadian gets military burial in the Netherlands 70 years after death

Canadian Pte. Albert Laubenstein found his final resting place on Wednesday, 70 years after he was killed during the Allied advance through the Netherlands in the closing months of Second World War.

His remains — identified through a combination of dental records, historical context and artifacts — were found only last year and his burial was one of the highlights of a week of remembrances and celebrations to mark Canada's part in the liberation of the Netherlands.

Laubenstein was buried with military honours on Wednesday at the Canadian War Cemetery, about 70 kilometres from where he fought and died.

"Private Albert Laubenstein, at the going down of the sun, and in the morning, we shall remember you,'' said military chaplain Murray Bateman during a ceremony attended by hundreds of onlookers.

Laubenstein appeared all but lost for decades. He was killed in action during the Battle of Kapelsche Veer in the winter of 1945 and was given a battlefield grave that was soon forgotten in the chaos of war.

It took a hobbyist with a metal detector scanning the southern banks of the Maas River last June to pick up a suspicious signal of old cartridges and a silver ring among human remains. A check of dental records, historical documents and artifacts led to the identification of Laubenstein.

Laubenstein's burial was one of the highlights of a week of remembrance and celebrations to mark Canada's part in the liberation of the Netherlands.

Some 7,600 Canadians died in Holland while helping to free the country from Nazi oppression. THE CANADIAN PRESS

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Barbed wire vs. Russia's power

KHARKIV REGION

Ukrainian fortifications reminiscent of WWI trenches

The flimsy, razor wire-topped fences popping up along bare expanses of Ukraine's eastern frontier are the first line of defence against a much-feared Russian invasion.

Trenches fortified by timber have been hollowed out for soldiers to take up positions. And bulky, metallic obstacles looped together with more barbed wire are laid across the fields to halt advancing tanks and infantry.

A little more than a year and a half ago, the very idea of creating such fortifications — reminiscent of First World War trench warfare — would have struck many as perverse. But the project was announced with fanfare in summer, as fighting against Moscow-backed separatists reached peak intensity.

In December, Prime Minister Arseniy Yatsenyuk said that the program, dubbed "Project Wall," would cost almost $520 million and take four years to complete.

Now doubts are creeping in.

With much of eastern Ukraine in the hands of Russian-backed separatists, large swaths of the border remain impossible to secure — meaning enemy troops can just sneak in through areas under rebel control. And cash-strapped authorities have already had to revise budgets downward, so there's little money for building defences.

The project is for now centred on the Kharkiv region, which lies north of the conflict zone and shares a 315-kilometre border with Russia. To insulate that region from any separatist offensive, another layer of protection is being built on the frontier with areas under rebel control.

Views are mixed among residents in the city of Kharkiv, the regional capital, about the wisdom of building defences.

Some in the economic powerhouse of 1.4 million people embrace the idea, and look with distress to the fate that befell the neighbouring, mainly Russian-speaking Donetsk and Luhansk regions. More than 6,000 people have died to date as a result of fighting between government and rebel forces.

In this photo taken in April, a Ukrainian border guard officer speaks on a phone near a national flag attached to the fence on the Ukrainian-Russian border near Hoptivka, Kharkiv.
INNA VARENYTSIA/THE ASSOCIATED PRESS

"We need to protect ourselves somehow," said Sergei Kotlyar, 46. "But, of course, this won't give us 100 per cent guarantees, even if it holds back the enemy for a little time."

Others believe investing in fences and trenches is a waste of money, noting that anti-tank defences will be of limited use against the rocket launchers widely deployed over the course of the war.

"Who is it going to stop?" said 22-year old Kharkiv resident Anatasia Duda. "A country like Russia definitely has the means to deal with slabs of metal. And what's the use of that wall when the border with Donetsk isn't even under control?"

In earlier times, lines separating the republics of the Soviet Union were viewed as little more than a formality, so families and communities straddled inconspicuously across borders. On paper, that changed with the collapse of the Soviet Union in 1991.

> **"What's the use of that wall when the border with Donetsk isn't even under control?**
> Anastasia Duda

But scant security along the 2,300-kilometre (1,400-mile) demarcation between Russia and Ukraine has for two decades ensured a smuggler's dream.

Farmers and their livestock blithely crisscrossed in areas where it has never quite been entirely clear which country one was in.

With the government forced to cut costs across the board as the economy struggles under the weight of war, the budget for the project has been reduced twofold.

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Youth exodus intensifies

DISASTER

No hope for jobs remains in Nepal post-earthquake

Gone, the girl says as she squints into the sun, air around her shimmering with wind-blown wheat chaff. She points to one house after another in the green hills, most shattered from the massive earthquake that hit Nepal last month.

"Over there, one has gone. The same over there. Most of the young people here are gone. At least one for every house," Smriti Bastola, 16, says of this poor village of 400 people just 25 kilometres (15 miles) east of the capital, Kathmandu. Most left for the Persian Gulf or in Kathmandu.

"We are living a miserable life here," Bastola says. "We are educated, but what jobs are there besides working in the fields for little money?"

This youth exodus, a painful choice between staying with family in impoverished hometowns or venturing into an often-harsh world to make much-needed money, began well before the 7.8 magnitude earthquake on April 25 knocked flat whole villages.

However, some in rural Nepal wonder if they'll lose even the young ones who've stayed, complicating not only the job of rebuilding after the quake but the task of improving village life in one of the world's poorest countries.

"The country is like an elder home because all the young people are in Qatar, Malaysia, Saudi Arabia," says Nishchal Pandey, director of the Centre for South Asian Studies, in Kathmandu. "If these young people aren't going to be at home, who's going to do the reconstruction? The elderly aren't. The little children aren't."

The problem can be partially traced to a decade-long Maoist insurgency. It ended in 2006, but the country's infrastructure and economy have still not recovered, Pandey says.

Because the Maoists often forced rural young people to join them, many left for Kathmandu or foreign countries. As Nepalis gained reputations for being honest, hard workers, they were welcomed in the Gulf as construction workers, guards and manual labourers. Others in rural Nepal followed.

Today, about six million Nepalis, or 22 per cent of the country's 27.8 million people, live and work outside its borders, according to Krishna Prasad Dhakal, Nepal's deputy ambassador to India. Some 3 million are in India. Another 2.1 million are in the Persian Gulf area and Malaysia, Pandey says.

THE ASSOCIATED PRESS

In this April 29 file photo, people clear the debris from damage caused by an earthquake in Sakhu, on the outskirts of Kathmandu, Nepal. BERNAT AMANGUE/THE ASSOCIATED PRESS FILE

> **"There is no one to bring the raw materials ... to fix the broken houses.**
> Triveni Bastoli, age 27

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YEMEN

Rebels capture presidential palace

Yemen's Shiite rebels and their allies consolidated their hold in another part of the southern port city of Aden on Wednesday after heavy fighting with militiamen loyal to the exiled government and capturing the area's presidential palace, officials said.

The latest advance by the rebels, known as Houthis, and their allies, loyalists of former president Ali Abdullah Saleh, showed they are still combat ready despite Saudi-led airstrikes.

The rebels took Aden's southwestern Tawahi district, killing the area's military commander, Maj. Gen. Ali Nasser al-Hassani, and seizing the palace, military officials said.

U.S. forces once used the palace as an operations centre and training facility for anti-terrorism forces after rebels captured Sanaa last September, they said.

THE ASSOCIATED PRESS

AFGHANISTAN

Four to hang for mob killing, 18 freed

Four Afghan men were sentenced Wednesday to death by hanging, over the filmed mob killing in downtown Kabul of a young woman falsely accused of burning the Qur'an, a case that horrified the country and showed the dangers women face in the conservative society.

But the family of the 27-year-old woman, a religious scholar named Farkhuna, immediately denounced the verdict as unfair, as the judge dropped charges against 18 men for a lack of evidence. Judge Safiullah Mojadedi sentenced eight others to 16 years in prison. Nineteen police officers accused in the case will be sentenced Saturday, their verdicts publicly announced the next day.

"You saw just four people sentenced to death, but everybody knows that more than 40 people were involved in martyring and burning and beating my sister," said Farkhuna's brother Mujibullah, who like many Afghans, including his sister, uses only one name.

THE ASSOCIATED PRESS

IN BRIEF

No charges for Snowden statue-makers

A lawyer for the mystery artists who affixed a bust of Edward Snowden to a New York park's war monument says they've been ticketed but not criminally charged.

Ronald Kuby says the two got summonses for being in a park after hours, a noncriminal violation.

Parks officials ordered the statue removed from a Revolutionary War memorial in Brooklyn's Fort Greene Park on April 6, hours after it appeared overnight without permission.

THE ASSOCIATED PRESS

Baltimore requests federal probe of police

Baltimore mayor Stephanie Rawlings-Blake called on U.S. government investigators Wednesday to look into whether this city's beleaguered police department uses a pattern of excessive force or discriminatory policing.

Baltimore saw days of unrest after Freddie Gray, a 25-year-old black man was taken into custody and suffered critical injuries. Gray died a week later.

THE ASSOCIATED PRESS

Accused anti-immigrant extremists arrested

German authorities conducted raids across the country on Wednesday, seizing explosives and arresting four people accused of founding a right-wing extremist group to attack mosques and housing for asylum-seekers.

Prosecutors allege the four helped found the "Old-school Society" group and were planning to attack asylum-seeker housing, mosques and well-known members of the Islamic-extremist Salafist scene in Germany.

THE ASSOCIATED PRESS

Water shortage addressed

The California State Water Resources Control Board approved rules Tuesday that force cities to limit watering on public property, encourage homeowners to let their lawns die and impose mandatory water-savings targets for the hundreds of local agencies and cities that supply water to California customers.

Gov. Jerry Brown sought the more stringent regulations, arguing that voluntary conservation efforts have so far not yielded the water savings needed amid a four-year drought.

THE ASSOCIATED PRESS

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ARGENTINA

Meetings hoped to resolve death dispute

Two medical teams are meeting in Argentina's capital in an extraordinary session aimed at concluding whether the head prosecutor investigating the country's worst terrorist attack killed himself or was slain by another person.

The meeting began Wednesday after months of debate about how Alberto Nisman died Jan. 18, when he was found in his bathroom with a bullet in his head. The shot that destroyed Nisman's skull was fired with a gun that was loaned to him by aide Diego Lagomarsino, a computer technician who said the prosecutor asked for the weapon because he feared for his and his daughters' lives.

There is no doubt that the gun was the weapon that killed the prosecutor. But the lead investigator says authorities have not determined whether Nisman took his own life or was killed by someone else.

Sandra Arroyo Salgado, the late prosecutor's ex-wife, hired a forensic team that determined Nisman was slain by another person.

The meeting of medical officials aims to sort through that and other discrepancies. It is unclear when they will announce their conclusion.

Days before he died, Nisman accused President Cristina Fernandez of helping Iranian officials cover up their alleged role in the 1994 unsolved bombing of a Jewish community centre. A federal judge has thrown out the case, while Fernandez has denied the allegations against her and Iran has long denied any role in the bombing.

Conspiracy theories have flourished around the case, variously accusing the Argentine and American government and Nisman's own hand.

THE ASSOCIATED PRESS

AUSTRALIA BLINKY BILL VISITS THE HOSPITAL In this April 20 image made from a security video on Tuesday, a koala strolls through the automatic doors of Hamilton Base Hospital in Victoria state, Australia. The Health Service's CEO nicknamed the creature Blinky Bill, after a fictional koala first popularized in a series of children's books.

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Masonic 'police' arrested

CALIFORNIA

Conspiracy feared to imitate law enforcement

Three people, one an aide to California Attorney General Kamala Harris, were arrested after claiming to operate a police department with jurisdiction in 33 states and Mexico and that traces its roots back 3,000 years.

Brandon Kiel, David Henry and Tonette Hayes were taken into custody last week on suspicion of impersonating officers as members of the Masonic Fraternal Police Department, Los Angeles County sheriff's officials said.

Sheriff's spokeswoman Nicole Nishida said detectives believe other people may be involved in the operation and deputies found ID cards, uniforms, and vehicles that appeared to look like law enforcement vehicles along with other official police equipment during their search of a home and office linked to the group.

It's not clear whether any of the suspects attempted to do any real police work.

State records show Hayes is licensed as a security guard and has a firearm permit. She previously owned Masonic Security Service, while she and Henry run MIB Investigative Agency, though its state license is suspended.

Kiel, 31, worked as deputy director of community affairs at the California Department of Justice since July 2013. He has been on paid administrative leave from his $67,416-a-year civil service job since Thursday.

Kiel, Henry, 46, and Hayes, 59, were arrested April 30 and released later that day, according to jail records. Telephone calls and text messages seeking comment were not immediately returned.

In addition to the accusation of impersonating an officer, investigators allege Henry committed perjury. Kiel also is accused of misusing his government identification.

The investigation started after various police chiefs in Southern California received a letter in late January that announced new leadership for the Masonic Fraternal Police Department, sheriff's officials said.

In the letter, the group claims it is registered with the state and is informing the chief it will be working with "Grandmasters, as well as fraternities and sororities throughout Sovereign Jurisdictions around the country."

The letter claims there are 5,686 lodges and that the department "will be able to acquire intel that is not accessible to non-fraternal entities." It said one aim of the department was to restore public trust.

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Oculus Rift launch date set

TECHNOLOGY

Facebook says virtual-reality headset to ship early next year

Virtual reality is getting closer to a commercial reality as Facebook-owned Oculus VR has announced a consumer version of their headset will become available in early 2016.

"We're incredibly excited to announce that the Rift will be shipping to consumers in Q1 2016!" tweeted Nate Mitchell, Oculus's vice-president of product.

Oculus VR launched the current wave of virtual reality, unveiling the prototype of the Rift in 2012 to rapturous reviews. The company launched a Kickstarter campaign that raised just over $2.4 million. Facebook purchased the company for $2 billion in March 2014.

Virtual-reality technology has had many highs and lows over the last 40 years but has failed to capture people's imagination for a number of reasons. Early attempts featured cumbersome technology that lacked the ability to create truly immersive graphics experiences and carried high costs.

Attendees wear Oculus Rift HD virtual-reality displays as they play EVE: Valkyrie, a multiplayer virtual-reality shooter game, at the 2014 International CES. ROBYN BECK/AFP/GETTY IMAGES

Improvements in screen technology, graphics and the current focus on the potentially lucrative hardcore gamer market have drawn big-name companies to the technology in recent months. Despite the current hype, there are still some issues, including the potential to cause motion sickness in some users.

Oculus revealed a little more information in a blog post. The model will be based on the Crescent Bay model available as part of the developer's kit for the device.

"The Oculus Rift builds on the presence, immersion and comfort of the Crescent Bay prototype with an improved tracking system that supports both seated and standing experiences, as well as a highly refined industrial design and updated ergonomics for a more natural fit," the company said in the post.

With many companies aiming to release commercial versions of their virtual-reality products by the end of this year, Oculus faced being left behind.

Oculus has been working on the creation of a full experience and even warned its competitors not to release bad headsets for fear of turning people off the nascent technology.

"We're a little worried about some of the bigger companies putting out product that isn't quite ready," said Brendan Iribe, Oculus VR's CEO, at Dublin's Web Summit conference in November. "That elephant in the room is disorientation and motion sickness.... We're encouraging other companies, particularly the big consumer companies, to not put out a product until they've solved that problem."

TORSTAR NEWS SERVICE

IN BRIEF

Canada Post gives online shoppers more options

Canada Post is launching a new feature that gives online shoppers greater control over their parcels.

The postal service said Wednesday that FlexDelivery will allow customers to decide which post office receives the delivery of their online order instead of it being mailed to their home. Canada Post said consumers will need to register for a unique identification code on their website. When the order arrives, the user will receive an email notification. THE CANADIAN PRESS

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SILICON VALLEY

Few Asian execs, study finds

Google, Yahoo and other major technology companies are far more inclined to hire Asians as computer programmers than to promote them to become managers or executives, according to a study released Wednesday.

Ascend, a group focused on Asian business issues, based its conclusions on 2013 data filed with U.S. employment regulators by five Silicon Valley companies: Google Inc., Yahoo Inc. Intel Corp., Hewlett-Packard Co. and LinkedIn Corp.

The report found that Asians held 27 per cent of the professional jobs yet only 14 per cent of executive posts. By comparison, whites held 62 per cent of the professional jobs at the studied companies but filled 80 per cent of the executive jobs.

WOMEN

Double whammy

The Ascend study found there was only one Asian female executive for every 287 Asian women at the five companies. But there was one white female executive for every 123 white women.

The technology industry's shortage of Asian executives stems in part from a cultural divide, the report concedes. Corporate America often embraces confident, outspoken individuals with unconventional ideas.

In contrast, many Asians are taught to be deferential and cling to a belief that doing a good job will automatically be rewarded.

THE ASSOCIATED PRESS

CROWDFUNDING

Backers bitter after project fails

Backers of a failed effort on the crowdfunding website Kickstarter are considering their options after founders of a coffee maker missed a mid-April deadline to get the project back on track.

ZPM Espresso claimed its Nocturne coffee maker was the world's first smart espresso machine for the home because of a programmable control chip, more common in commercial machines, that would allow consumers to create the perfect shot of concentrated java by precisely controlling water pressure and temperature.

Yet the company's plans never materialized, and now supporters who spent as much as $1,000 US on the machine — and assorted bonuses including T-shirts and coffee paraphernalia — are looking for answers.

Christopher Browne, a Toronto-based computer scientist, said he contributed $350 during ZPM Espresso's original Kickstarter campaign from December 2011 to January 2012, which was supposed to cover the cost of the machine as well as a few extra gifts. The campaign raised $369,569 US, well above the original $20,000 US goal.

The creators posted frequent updates in the beginning, Browne said. As the months passed, he remained positive even as the company ran into problems. There were issues with the quality of the manufacturing, and ZPM Espresso hired outside consultants to adapt the design.

Browne said he knew the project was destined for failure last fall as updates became less frequent and problems seemed to multiply. In January, ZPM Espresso announced it was shutting down and that only a small amount of the initial money remained to return as refunds.

THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Thursday, May 7, 2015

NDP reveals big cracks in Tory armour

POLITICS
Chantal Hébert

This is a week when sizeable potholes have surfaced on Stephen Harper's road to re-election.

The NDP's majority victory in Alberta has reinforced the federal New Democrats' claim that their party is ready for prime time nationally. At a minimum, the provincial election has exposed cracks in the walls of the country's main Conservative fortress.

At the same time, Harper is suddenly at risk of losing the upper hand on the central battlefield of tax cuts to the Liberals.

The two developments are independent of each other, but what connects them is that they find the ruling Conservatives playing defense on two flanks that they believed to be bullet-proof.

The 40 per cent of Albertans who ushered the NDP into government this week did not vote for Thomas Mulcair by proxy. And a slim majority of the province's voters stuck with the right, either by supporting the Wildrose party or Jim Prentice's Tories.

The good news for Harper is that those voters can be expected to unite behind his federal Conservatives next fall.

The bad news is that they are not spread evenly across the province.

On Tuesday premier-elect Rachel Notley's New Democrats won more than 20 ridings with a majority of the vote. Many of those seats were won with 60 per cent support or more. In another half a dozen ridings, the combined score of the NDP and the Liberals added up to more than 50 per cent.

Based on those results, a sizeable contingent of Alberta voters does not come across as predisposed to support the federal Conservatives next fall.

Alberta's 87 provincial ridings work out to 34 federal ones. The provincial results suggest that Harper's Conservatives could be campaigning against a tide for change in more than a quarter of them, mostly in the Edmonton area.

Conventional wisdom has it that vote-splitting between the NDP and the Liberals will still pave the way for the re-election of most of Alberta's Conservative incumbents and that may well be right.

In the federal by-elections that have taken place in the province since Justin Trudeau became leader, the Liberals scored immensely better than Mulcair's New Democrats. If Notley's success translates into a bump in support for her federal cousins, the result could be a more divided anti-Harper vote, not only in Alberta, but from coast to coast to coast.

Still, in the big picture, there comes a point when two strong opposition parties, instead of eating each other's lunches, start taking sizeable bites out of different sections of the incumbent's pie.

That's what happened to the Parti Québécois last year.

So far, the Conservatives have focused their attacks on Trudeau. Polls have long suggested that the Liberals, not the NDP, are the main threat to a fourth Conservative victory next fall.

But, what if, in their efforts to weaken the Liberals, the Conservatives open themselves up for a kill at the hands of a conversely strengthened NDP?

As unlikely as the scenario of a Mulcair victory may seem, it is still less improbable than the advent of a majority NDP government in Alberta was thought to be only a few weeks ago.

It is a risk that Harper's Conservatives will now need to reassess.

At the same time, Trudeau is now challenging the Conservatives on their tax-cutting turf.

Two days after he unveiled two platform planks — a tax cut for middle-income earners and an enhanced child benefit targeted to middle-class families — Conservative spin doctors are still uncharacteristically struggling to come up with an effective response.

As unlikely as a Mulcair victory seems, it's less improbable than an NDP majority in Alberta was thought to be only a few weeks ago.

To date, they have not managed to do better than try to bluster their way out of a trap that finds them standing up for the more affluent section of the electorate. It does not help that the trap is largely of the government's own making.

Harper's re-election for a fourth mandate has always hinged on a divided opposition and post-Alberta election that remains a potentially winning condition for his party.

But a week that has seen both the hands of the Liberals and the NDP reinforced at Conservative expense is not one that bodes especially well for the game plan of the Prime Minister.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD
metroview

Deviants? Out-of-towners? No, Alberta has progressives, too

You can stop laughing now. Alberta politics have long been a joke to liberal, or even centrist, outsiders. You know, Alberta "politics," wink, wink.

But the NDP's incredible win means the joke is over.

We're now in the position of envying Alberta for more than its alcohol prices and legal drinking age. We're envying it for its democracy.

In the words of pollster Angus Reid — who's seen only Conservatives govern Alberta since he began polling in the 1970s — "change is indeed possible."

"This has big implications, and I think it's going to send a shiver down the spines of a lot politicians that think they can ride in on cynicism" and low voter turnout, he said.

The election brought in 58.1 per cent of voters, Elections Alberta said. That's much higher than voter turnout during the last two elections and a significant step above the average 50.9 per cent over the last six elections, according to media reports.

Albertan friends of mine say this election shows the nuances of Alberta politics, a phrase most out-of-province Canadians have never heard.

Callers to a morning radio show in Calgary spoke yesterday about how their vote mattered for the first time in 40 years, because their candidate got elected. Even some of those who voted Conservative spoke of their excitement about the variety of views given a voice.

"I know a lot of people that aren't rednecks, and maybe that wasn't previously reflected," said a friend of mine who hails from southern Alberta, heartland of the former Conservative dynasty.

A gay friend in Edmonton told me: "This is first time in my life where I haven't voted out of fear for what could happen to me."

In the last election, he voted for the PCs to stop the far-right Wildrose Party from winning. The PCs miscalculated the number of progressives like him that have kept them in power, he said.

David Shepherd, the new NDP MLA for Edmonton-Centre, grew up in the city, under that monotone provincial government. He told me he's "always believed there was a strong progressive voice."

They aren't the voices of deviants or out-of-towners. They're Albertans, too.

Now, the rest of us need to rethink that stereotype of Alberta as the nation's small town, isolated by right-wing ideas and traditional Christian values.

She's not just your Great Aunt Alberta, eating steak and drinking oil at every meal — though she's still got a lot of conservatism left.

I'd like to take that lady out for tea — the whole ideological spectrum of her — and thank her for reminding us what elections can do.

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metro LIFE

Your essential daily news

Bigger than the Beatles: Study says hip hop more musically influential than the Fab Four

In bloom: Local for mom

MOTHER'S DAY

Ethical flowers are beautiful in more ways than one

Worker's rights and environmental sustainability are not necessarily subjects one thinks about on Mother's Day — but our floral preferences can have an impact on both.

"I think we should consider where our flowers come from the same way we do with food," says Calida Grymaloski, who along with her partner runs Bathtub Gardens, a two-acre flower farm that uses organic growing methods in Pemberton, B.C.

"Conventionally grown blooms are often bred to be packed and shipped so the focus is on maxing out the vase life rather than the beauty of the flower itself," says Grymaloski.

Latin American countries like Colombia, Ecuador — source of the majority of cut flowers in Canada — tend to have lax labour laws and health-and-safety codes, according to groups like the Ethical Trading Initiative and US Labor Education in the Americas Project.

As well, many cut flowers from developing countries are grown using toxic pesticides banned in Canada, and imported flowers are not tested for pesticide residues, according to the David Suzuki Foundation.

A medical survey by Oxfam Colombia showed that two-thirds of Colombia's flower workers had suffered from health problems related to pesticide exposure.

A Better Bouquet

But before you give up on bouquets altogether, consider getting mom a locally grown bouquet on Sunday.

Cleomes, or Spider Flowers, grow at Bathtub Gardens, a two-acre farm in B.C. that uses organic growing methods.
COURTESY BATHTUB GARDENS

Grown year-round in many parts of the country, Canadian cut flowers are typically grown without pesticides — even at farms that are not certified organic, according to Joseph Delarge of Eco Stems, an ethical and sustainable flower shop in Toronto.

And with our labour codes, workers are protected here.

He also maintains that where flowers are grown sustainably, their quality is better.

"Our customers find that these flowers actually last longer because we harvest them only days before delivery. Conventionally grown flowers of the same type will have been harvested sometimes three weeks before they end up in your vase."

Lest you think local is too limiting, there's a wide variety of grown-in-Canada blooms you can get this time of year.

Delarge says he has irises, tulips, roses, orchids, calla lilies, ranunculus and anemones in his fridge right now.

Grymaloski says they grow 80 varieties on their farm, with a more unique selection than those found on a conventional farm.

If you're worried about breaking the bank, she says their prices can be comparable to conventionally grown flowers, although the selection might be a little different.

"We typically avoid growing commodity crops like long-stemmed roses, baby's breath, carnations and even sunflowers which are grown as monocrops on large chunks of land with massive infrastructure," she says. "However we want our customers to receive fair prices and a quality product, so we focus on different species that are more suitable to small-scale production."

She says that if customers buy flowers directly through them via farmers markets, their Community Supported Agriculture program or their local farm stand, the prices would be comparable with a standard bouquet.

METRO LIFE

OTHER OPTIONS

Fairtrade

• If you can't stay away from those long-stem roses, you're probably looking at getting flowers grown outside of Canada.

• Look for Fairtrade or Veriflora-certified bouquets. These programs ensure the farms promote healthy workplaces and sustainable farming practices.

Native varieties

• Delarge and Grymaloski say cut flowers are almost never native, so if you are looking to get mom some indigenous flowers, potted plants are the way to go.

• Check with your local garden centre. Local park organizations and botanical gardens will also often have native plant sales in the spring.

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Like mother, like daughter

FAMILY BUSINESS

Young actress Shailyn Pierre Dixon looks to her mom for inspiration

Vawn Himmelsbach
Metro | Life

Shailyn Pierre Dixon just tried out for her school's softball team and she's pretty sure she made the cut. But it's hard to tell if she's more excited about playing softball or finding out she's just been nominated for a Golden Maple Award as newcomer of the year in a TV series broadcast in the U.S.

At 11 years old, Shailyn already has some serious acting cred under her belt, starring as the young Aminata in The Book of Negroes and joining the cast of Netflix's first Canadian co-production Between — a post-apocalyptic Lord of the Flies — that premieres May 21.

But her mom wants to make sure she still gets to be a kid. The Caledon, Ont.-based actress, writer and producer Christina Dixon understands "movie land," but she also knows what it's like to be a mom.

Between, for example, involved a rather scary cast member: a tiger.

"Shailyn and I are both adrenaline junkies," says Dixon. So when Shailyn read the script for Between, she was thrilled to find out she'd be working with a tiger. "Part of me was as excited and as stoked about it, and the mother in me was like, 'Is this tiger going to eat my child?'"

But, she adds, Shailyn is fearless. "I wasn't going to put any of my fear on her if she didn't have any, so I bit my tongue."

Watching Shailyn on screen — especially with the roles she's chosen to play — can be challenging as a mother. "Shailyn is an incredibly happy person (and) she's playing these roles where she's the absolute opposite of that — she's depressed and oppressed and she's being degraded," says Dixon. "It was really hard to watch at times."

Shailyn didn't study acting. And she doesn't really know how she taps into these complex characters.

"I help with her auditions and coach her but she just jumped in," says Dixon.

"Her first movie was (Hollywood blockbuster) The Best Man Holiday — that's how Shailyn does things in life. … The opportunities she's had are things people wait a lifetime for, but it's not something that's fallen into her lap. She's worked for it."

Obviously she's my mom, but she's also my best friend
Shailyn on her actress mom Christina Dixon

The challenge for Dixon is finding a way to help her daughter accomplish her dreams, while preserving her childhood — and balancing that with her own career.

When they found out Shailyn landed the part in The Book of Negroes, they had less than 48 hours before they had to be on a plane to Cape Town. The first call Dixon made was to her mother, who asked what she could do to help.

"Having that kind of support system makes it possible," says Dixon. "You can't do it by yourself."

Shailyn has already garnered a reputation for professionalism, which she attributes to her mom.

"Obviously she's my mom," she says, "but she's also my best friend and she inspires me all the time."

While Dixon plays multiple roles in Shailyn's life, she wants to avoid being a "momager," a word Shailyn doesn't quite understand. When Dixon tries to explain the word's negative connotations, Shailyn decides to come up with a new word, one that encompasses Dixon's role as a mom, manager and actress: momertress.

"We'll keep working on that," laughs Dixon. "I love that you look at the bright side, baby."

QUICK FACTS

About Christina Dixon

- Dixon is an actress, writer and producer with her own independent film production company, Tigerlind Films, dedicated to addressing social issues.
- She has independently produced two short film projects, begun development on her documentary One Drop and is in the process of writing her first feature-length screenplay.

For Christina Dixon and her daughter Shailyn, acting runs in the family. LIZ BEDDALL/METRO

PRODUCT LAUNCH

Now you can buy a little bit of Witherspoon's Southern charm

Reese Witherspoon's new lifestyle brand, Draper James, features $14 notepads and $30 sets of thank you cards. GETTY IMAGES

Reese Witherspoon has launched her own lifestyle brand.

The Oscar-winning actress unveiled her Draper James online store Wednesday, which includes women's clothing and accessories, stationery and home decor.

Witherspoon says on the site that she named the brand for her grandparents, who showed her the charm of "gracious Southern living."

The actress says in a video that the collection is "inspired by my romance, my love of the South combined with the modern woman that I am today."

"I created this brand for you," she says.

Some of the items available include a $140 sun hat, a $14 notepad and a $30 set of thank-you cards.

THE ASSOCIATED PRESS

BRIEFS

Simpsons signed up for more seasons
Fox confirms that everyone's favourite animated dysfunctional family will continue to grace the world's TV screens with new episodes up to the end of 2017. The new deal, which will see the show run for at least 625 episodes, makes it the longest-running sitcom, scripted series and animated program in U.S. TV history. AFP

Lambert first person on cover of Country Living
Country Living's choice for the first person to be on the cover of the magazine is apropos: Miranda Lambert.
The country superstar is featured on the cover of the June issue and is the guest editor. The home and lifestyle has never featured a person on its cover in its 36-year history. AFP

NEW PROJECTS

Rhimes, Rees plan Great Migration series

Grey's Anatomy creator-producer Shonda Rhimes is joining forces with writer-director Dee Rees to bring Isabelle Wilkerson's study about the Great Migration The Warmth of Our Suns to the small screen.

The study examines the mass exodus of nearly 6 million blacks who fled the south between 1917 and 1970 in search of equality.

The study focuses on the trials, tribulations and triumphs of Ida Mae Gladney, who in 1937 fled Mississippi for Chicago, George Starling, who left Florida for Harlem in 1945 and Dr. Robert Pershing Foster, who in 1953 fled Louisiana for Los Angeles.

In 1994, Wilkerson became the first African American to win the Pulitzer Prize in journalism, selected for her coverage of the 1993 Midwestern floods.

AFP

Shonda Rhimes GETTY IMAGES

With Dad Bods, squishy is sexy

CONCEPT TAKES OFF

Beer bellies, not biceps, the newest male physique trend

What do Simon Cowell, Jason Segel and Leonardo DiCaprio all have in common (apart from global fame and fortune)? They all boast a "Dad Bod."

A what-bod, you cry? Well, allow us to explain: The Dad Bod is the latest trend for the male physique.

Where once women craved six-packs that could grate cheese and biceps the size of tree trunks, now a cuddly torso and gentle paunch is all that's required, according to a blog post written by U.S. student Mackenzie Pearson that has since gone viral.

Jason Segel stripped down and showed off his Dad Bod in 2008's Forgetting Sarah Marshall. Leonardo DiCaprio is also rocking the Dad Bod these days. HANDOUT; INSET: THE ASSOCIATED PRESS

In her post, Mackenzie describes the Dad Bod as "a nice balance between a beer gut and working out." She continues: "The dad bod says, 'I go to the gym occasionally, but I also drink heavily on the weekends and enjoy eating eight slices of pizza at a time.' It's not an overweight guy, but it isn't one with washboard abs, either."

Mackenzie argues that the physique is a hit with women because it is non-threatening, comfortable to cuddle up to and honest in the sense that it probably won't undergo any drastic transformation within the next 20 years (note: you don't have to be a father to have a Dad Bod; in fact it is perfectly acceptable to have one when you're still in your 20s). "While we all love a sculpted guy, there is just something about the dad bod that makes boys seem more human, natural, and attractive," she states.

The concept was an immediate hit with nicely squishy men everywhere, who took to Instagram without delay to show off their less-than-toned torsos and chunky arms. The account "CollegeDadBods" has been quietly gaining momentum since the beginning of this year and has now become a fully-fledged homage to regular guys in all their glory.

The positive reaction to this newfound appreciation for curvy men has reminded us all that guys, too, face an attimes unrealistic social pressure to be buff and trim. But where will the trend take us next? Could the "Mom Bod" be the lusted-after shape for 2015? Time will tell. AFP

> **"The dad bod says, 'I go to the gym occasionally, but I also drink heavily on the weekends and enjoy eating eight slices of pizza at a time.'**
>
> Mackenzie Pearson in a blog post that has gone viral

MATERNAL

Norway tops list of best countries to be a mother

Norway ranks as the world's best place to be a mother, well ahead of the United States, which dropped to the 33rd spot in the annual scorecard released by Save the Children on Monday.

Somalia is the worst place, just below the Democratic Republic of Congo and the Central African Republic.

Save the Children released its 16th annual Mothers' Index, which rates 179 countries based on five indicators related to maternal health, education, income levels and the status of women.

Scandinavian countries have consistently taken the first spots in the Mothers' Index, with Finland earning the top spot last year. AFP

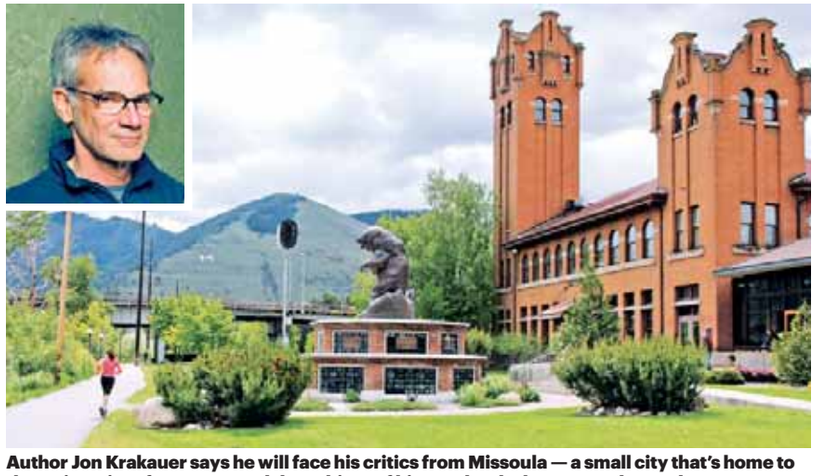
20

Canada took the 20th spot on the index.

Author to face upset town

NONFICTION BESTSELLER

Jon Krakauer to visit place at heart of book on college rape



Author Jon Krakauer says he will face his critics from Missoula — a small city that's home to the University of Montana and the subject of his new book about sexual assault on campus.
THE ASSOCIATED PRESS FILE/INSET: GETTY IMAGES FILE

Bestselling author Jon Krakauer is making one public appearance to promote his latest work, Missoula: Rape and the Justice System in a College Town. It's in the titular town, where he will face angry critics who say his decision to focus on the small Montana city is unfair.

Krakauer said Tuesday he wanted to give those critics the chance to confront him about the book.

"It took me by surprise that people were so upset by the title," Krakauer told The Associated Press. "It seemed like a perfect example of a problem that exists nationwide."

"I never meant to hold Missoula up as the worst case. It's not," he added.

The book, which ranks fourth on the New York Times hardcover nonfiction bestseller list, uses the city to illustrate what Krakauer calls a nationwide problem faced by rape victims to persuade police and prosecutors to pursue their cases.

The book focuses on several University of Montana women who were assaulted between 2010 and 2012, the same period covered in a U.S. Department of Justice investigation into whether Missoula and university officials mishandled rape reports. The federal inquiry led to reforms in how the university and city respond to sexual assaults.

> **I never meant to hold Missoula up as the worst case. It's not**
> Jon Krakauer

Critics have denounced Krakauer, the author of the bestselling books Into Thin Air and Into the Wild, for turning the spotlight on Missoula and accuse him of reopening wounds inflicted by the Justice Department investigation. Others criticize the book as a one-sided account that doesn't include the voices of the prosecutors he depicts as failing the rape victims.

Krakauer said he tried to get comment from Missoula County Attorney Kirsten Pabst, but he stopped when her attorney threatened him with a lawsuit. He said he would welcome Pabst and others from the county attorney's office to the forum, saying he has questions he would like to ask them.

Pabst did not return a call from The Associated Press seeking comment.

Krakauer said he did not know what kind of reception to expect in Missoula but that he hoped the forum would "clear the air."

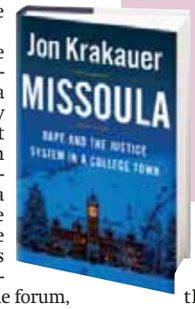
"I get it. Missoula takes a lot of pride in the town — as Missoulians should — and this book was seen as an attack on the integrity of the town, which it is not," Krakauer said.

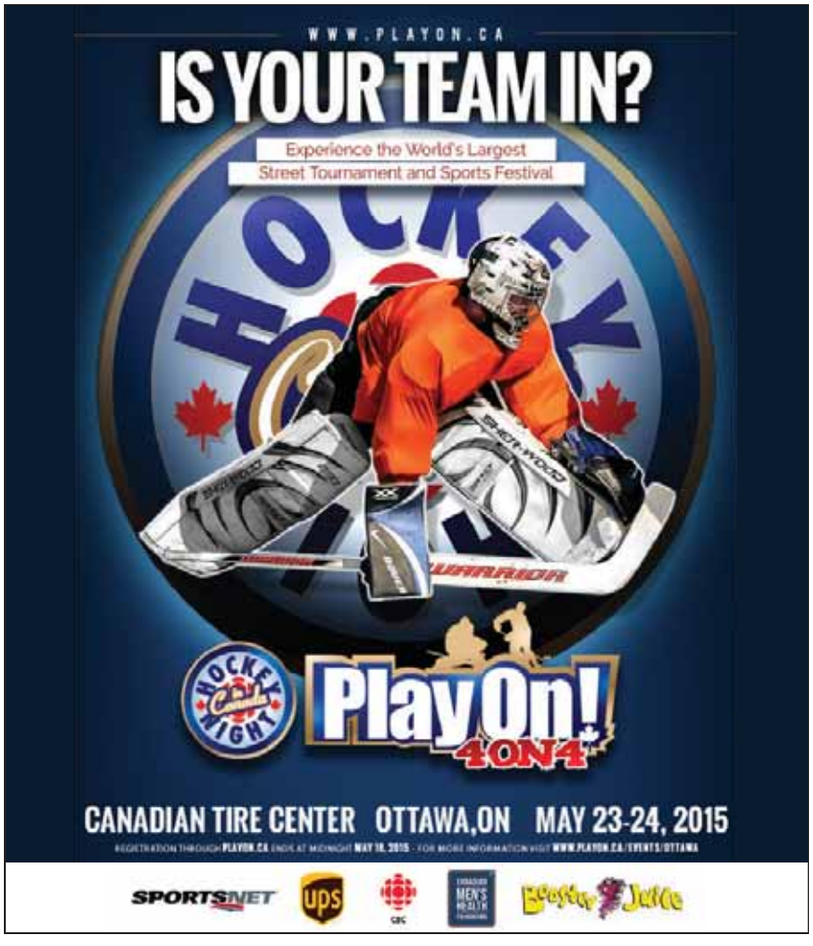
His focus on the town came after he started following rape cases across the nation, the author said. He decided that the subject could be turned into a book after travelling to Montana to hear the impressive testimony of one of the victims he profiles, he said.
THE ASSOCIATED PRESS

BOOK NOTES

Clearing the air

The forum, organized by Fact and Fiction Bookstore owner Barbara Theroux, will consist of University of Montana School of Journalism Dean Larry Abramson interviewing Krakauer and asking him questions submitted by the public in advance. "I think if people feel a little less uncomfortable about the fact that this book was dropped on the town, and at least he came to explain himself, that would be a worthwhile goal to me," Abramson said.





FEMALE FRIENDSHIP

'Tale of besties' from Zooey's BFF

Emily Laurence
Metro | New York City

When Sophia Rossi launched the women's lifestyle site HelloGiggles back in 2011 with her friend Zooey Deschanel, media wasn't exactly interested in women playing nice with each other.

"Shows like The Hills were based so much on fighting friendships," Rossi says. "We wanted to show that your friends are your family."

Four years later, the site has 16 million unique visitors per month and Rossi has a new book coming out, A Tale of Two Besties (out May 12), which celebrates female friendship. Eavesdrop on our girl talk below:

What inspired you to write specifically for teens?
I loved YA growing up. I read all the Sweet Valley High, The Baby-Sitters Club and Nancy Drew books. When HelloGiggles started, (Zooey and I) created a community of people who had youth as their interest and I wanted to extend that into a book.

Did you reread the Sweet Valley High books as an adult?
I did reread a few of them! For my birthday, Zooey collected all the Sweet Valley High and Baby-Sitters Club books on eBay for me, so we have them in our office. We're constantly remembering stories from both series. Franchine Pascal, who wrote the Sweet Valley High series, actually blurbed my book, which is like a dream.

You guys were friends when you launched HelloGiggles together. Do you have any tips for going into business with a friend?
Yes. Celebrate your victories. I think we all get busy with our schedules, but it's nice to stop and say, let's get dinner and celebrate this. My other tip is having clear defining roles, especially at a startup.

Who are your best friends now?
I have a few besties, but I don't like labelling them as that, because as Mindy Kaling says, "best friends" isn't a term, it's a tier. So I have a bunch. I just had a sleepover with my bestie Charlotte Ronson last night and her twin sister Samantha. And Lauren Conrad and I became so close when I was a writer for The Hills; I really consider her a sister.

Rivka Sophia Rossi and her new book. ROSSI'S TUMBLR/HANDOUT

BODY IMAGE

Zooey won't be 'sexy new mom in bikini'

New Girl star Zooey Deschanel is eager to temper expectations for what she'll be doing after she gives birth to her first child, due later this year.

"Haven't we all seen those pictures of a sexy new mom in a bikini after one month? I will not be that person," she tells Cosmopolitan.

"I've always gone my own course and never been someone who had the need to be super skinny. I like a healthy look. I don't buy into that skinny-is-better mentality. I just eat healthy and work out and don't worry about my weight too much. Actresses aren't models, and most of them never wanted to be."

It's fascinating how she can simultaneously inspire and aggravate other women, no? NED EHRBAR/METRO

BIRTHDAY GET-UP

Adele celebrates 27th as George Michael

Adele as her "hero." TWITTER

It's Adele's party, and she'll dress up like Faith-era George Michael if she wants to.

The Skyfall singer posted a photo of herself gussied up as Michael for her 27th birthday, complete with aviator glasses and excessive stubble.

"Thank you for the birthday wishes. I had a wonderful time," she writes. "I was my hero."

To be fair, there are a lot worse music icons she could emulate heading into the ever-so-ominous — for musicians, at least — age of 27. As far as we know, Michael's 27th year was rather uneventful. But it is kind of surprising that he would be Adele's hero, no? NED EHRBAR/METRO

KIND WORDS FOR BIEBER ... FOR LOHAN, NOT SO MUCH

Lady Gaga's life advice to Beebs

Justin Bieber has found a surprising ally in Lady Gaga. The two pop stars spent some time together at the Met Gala earlier this week and took a few selfies — one of which Gaga herself posted recently along with a lengthy caption coming to the troubled Canadian wunderkind's defence.

Selfie at Met Gala. INSTAGRAM/LADYGAGA

"He really has a sweetness to him," she writes. "He grew up in front of the whole world. I reminded him to not get bothered. Because at the end of the day, he's the boss, and life isn't always roses. Lots of thorns."

LiLo community service update

Today marks the day Lindsay Lohan has to check in with the court and show that she's making progress on those pesky 125 hours of community service she was ordered to finish by May 28, and word is she's still got a long way to go.

"Lindsay has hardly made a dent in the court-ordered 125 hours of community service. It's an extremely unimpressive number so far — less than 20 hours total," a source tells Radar Online. NED EHRBAR/METRO

Davis's film festival bets on diversity

Geena Davis has launched a film festival in Arkansas focused on women and diversity. KEVIN WINTER/GETTY IMAGES

FIGHTING GENDER BIAS

Women-focused event promises distribution for winning entries

With help from a slew of corporate sponsors, Geena Davis and filmmakers focused on women and diversity have taken over Bentonville, Ark., a city of 40,000 best known as Wal-Mart's home base.

While it's not the first film festival to specialize in diversity, Davis said it's the only film competition to promise theatrical releases for winning entries.

"It's unheard of in the world, actually," the Oscar winner said in a telephone interview before opening the festival Tuesday. "It's the only festival offering distribution across theatrical, digital and on TV and on DVD.... That's just part of our push to show how commercial diverse films can be."

17%

Research funded by Davis's institute and conducted by the University of Southern California found that women — who constitute more than half of the U.S. population — typically comprise just 17 per cent of on-screen crowd scenes.

About 75 films will be screened over the four-day festival, which will also include panel discussions and a celebratory A League of Their Own baseball game, featuring appearances by Rosie O'Donnell and two original members of the All American Girls Professional Baseball League.

Davis plans to expand the festival beyond Bentonville to include educational outreach and events throughout the year. Founder of the Geena Davis Institute on Gender in Media in 2007, the actress plans to bring the research amassed by her organization to film schools and colleges around the country.

"It's very important to educate the next generation of content creators before they even start their professional careers," she said. "Once it's brought to (filmmakers') attention, once they hear the numbers, they're just stunned and horrified ... how much gender bias there is and lack of diversity." THE ASSOCIATED PRESS

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metro HOME
Your essential daily news

Only four per cent of Canadians check reviews before hiring a contractor: HomeStars survey

What they're a$king

The 'average' Canadian home is a midsize, detached house with three to four bedrooms, in and around the city core. Single-family homes are in demand in Toronto and Vancouver. Prices reflect the limited inventory. **Duncan McAllister** FOR METRO

$400,000

Edmonton

Sitting on a large corner lot in the desirable Grovenor community, this house includes a landscaped and fenced yard, and oversized, double detached garage. There's a family room, a fourth bedroom in the basement, and an enclosed sunroom. The backyard includes a natural gas barbecue. Listing agent is Sean Nykolyshyn with Liv Real Estate, 780-298-6956.

$849,000

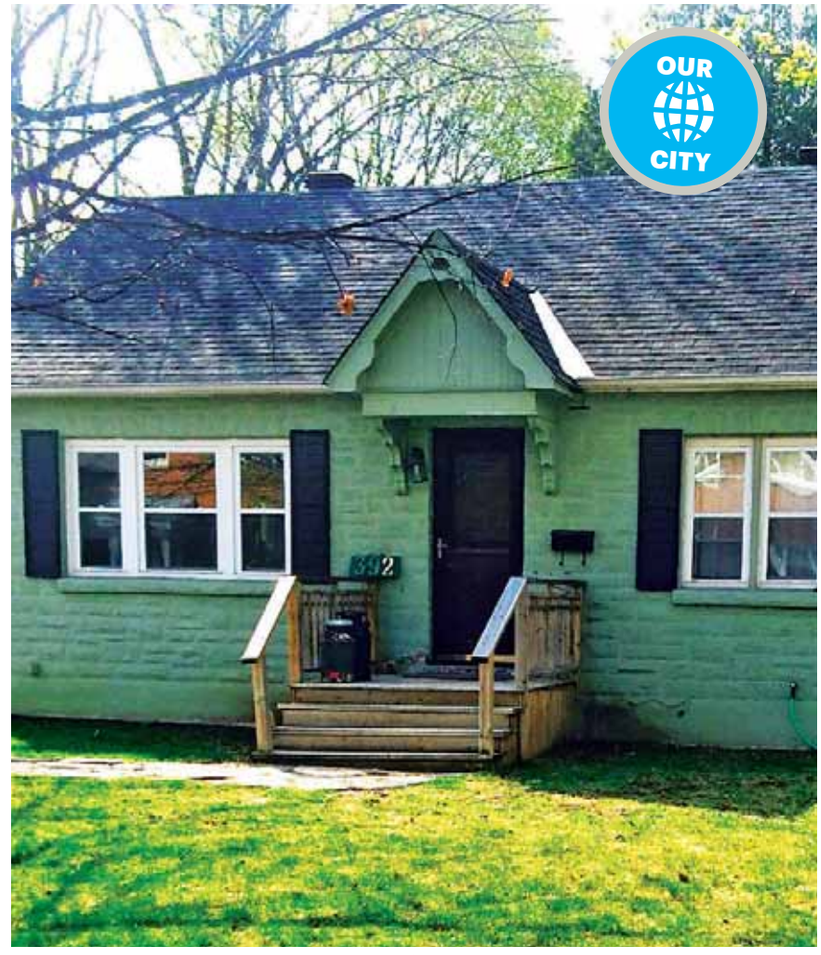
Calgary

In the midst of the Kensington shopping district, this historic, three-bedroom, detached house has an entry that leads into a spacious living room and dining room. The renovated kitchen features traditional cream cabinetry and stainless-steel appliances. Listing agent Susan Harrigan is a sales representative for Homelife Cityscape Real Estate, 403-669-9112.

$449,900

Winnipeg

Right in the heart of Winnipeg, in the Bridgewater Forest neighbourhood, this three-bedroom detached home features a large master bedroom with large windows, a four-piece ensuite bathroom and a large walk-in closet. The house is on a sizeable lot, ideal for a growing family. Listing agent Chris Kenny is a sales representative with Re/Max Professionals, 204-899-4858.



$499,900

Ottawa

This two-bedroom, two-bathroom detached urban home is in the heart of Westboro. The house sits on a 69-foot x 66-foot lot. Updates include a new roof, new windows, a renovated kitchen and bathrooms, new flooring and waterproofed foundation. "A rare find indeed," says listing agent Kerry Millican, who is a sales representative with Royal Lepage Team Realty, 613-290-2990.

$799,900

Toronto

The Leslieville neighbourhood is a hot market. For sale there is a renovated, three-bedroom, three-bathroom detached home. The century home has been updated with high ceilings, crown mouldings and Brazilian hardwood. The lot includes an insulated double car garage that can be used as a studio or coach house or studio. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.

$982,000

Vancouver

This four-bedroom ranch-style home in Calverhall is 15 minutes from downtown. It was listed for $1,050,000 and sold at press time for $982,000. The house has a living area of 2,590 sq. ft. and sits on a 50-foot lot that includes a large, detached garage with workshop. The house also features great views. Listing agent is Cathy Graham with Royal LePage Sussex, 604-984-9711.

$349,900

Halifax

Here's a bright and airy, three-bedroom house at 11 Redwood Ave., nestled in the Fleming Heights neighbourhood. The home features vaulted ceilings, a skylight and a private park-like backyard. It's walking distance from historic Dingle Tower, Fleming Park and minutes to Bayer's Lake shopping district. Listing agent Thomas Bagogloo is from the Bagogloo Team, RE/MAX nova, 902-830-9006.

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A handira, or Moroccan wedding blanket, transforms a couch. DABITO

Bohemian house style on a budget

HOW TO

Bold colours, second-hand pieces key: author

Emily Laurence
Metro in New York City

Creating a home rich in texture and colour doesn't mean you have to wait around for a Calypso sample sale or hope one of the chic Tibetan boutiques in your neighbourhood has a sidewalk sale.

"The key to a bohemian styled home is a layered and collected home that reflects your own personality," says Justine Blakeney, author of the coffee-table book, The New Bohemians.

"The heart of a bohemian home is creativity," she says.

With that in mind, we called her for tips on how to create a boho home without going broke.

Paint it bold

Blakeney says the easiest way to make your flea market find look like it was imported from Morocco is to paint it, and her big tip for going boho is to go bold.

"People get scared to make a bold paint choice because they're scared they'll hate it. But if you hate it, you can just paint it a different colour. It's not a permanent thing," she says.

Shop second-hand

The couches and beds featured in The New Bohemians are all layered with beautiful, brightly patterned pillows.

Blakeney says she scored most of hers on eBay. "Instead of paying $80 for a pillow from a New York boutique, I'll pay $15 for one I find on eBay," she says, adding that the best search terms to use are "kilim pillows" or "berber Moroccan pillows."

Drape the couch

No one will know where your couch is from if you drape a handira, a Moroccan wedding blanket over it, Blakeney says. Once again, she hits up eBay to score an authentic one for a fraction of the cost.

Accent with potted plants

Instead of spending a fortune on freshly cut flowers, Blakeney says to figure out what type of potted plants will thrive in your apartment.

"I included a plantipedia in the back of the book to bust the green thumb/brown thumb myth," she says.

"You just need the information about what type of plants thrive in the environment you have at home, how often you should water it, and then just follow through."

To her, a plant trailing down a tall bookshelf or a beautiful palm arching in the corner are a staple to bohemian living and provide a figurative and literal breath of fresh air.

"Everything around us is computers and cars. Even at home we have all these machines, metal and cement. We need to balance out urban living with plants," Blakeney points out.

A bold hue revives a dresser. DABITO

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metro

Mother's Day Gift Guide

Thursday, May 7, 2015

Whether it's directly or in her actions, your mother has probably told you what she would like or need this Mother's Day. SHUTTERSTOCK

It's the thought that really counts

Astrid Van Den Broek
For Metro

When it comes to Mother's Day, the cliché, 'it's the thought that counts,' really does ring true.

"People need to remember that Mother's Day is not about the gifts," said Alexandria Durrell, the mommy blogger behind idontblog.ca. "It's about thanking moms for all they do for us. It's a tough slog being a mom. And when your kids are grown, it's touching for them to recognize just how hard it was once upon a time. A little thanks goes a long way."

So, if it's the thought that matters, how do we make mom feel truly special for her big day? Here are five ways to do it.

1 LISTEN TO MOM. Chances are she has dropped hints about what she wants, or at least what she would love to have. "She will tell you if you ask," said Yvonne Marcus, the blogger behind thedahliascene.com. "Whether it's directly or in her actions, she's telling you all year long what she'd like or need."

2 GIVE HER SELF-CARE. "Is mom tired?" Durrell said. "Does she need some time alone? Does she ever pamper herself? Answer those questions and you'll find the perfect gift for your perfect mom."

3 HONOUR YOUR CONNECTION. This year Marcus became a new mom and is asking for a nameplate necklace for herself. "It commemorates the new relationship between me and my son, and it always keeps him with me," she said.

4 GIVE HER TIME. "A full day where I'm not responsible for anything would be amazing," Durrell said. You could accessorize mom's free day with a spa gift certificate to use that day, another certificate for a dinner out and even a book she can begin to read.

5 GET CREATIVE. "Think outside of the box when it comes to presents," Marcus said. "If she enjoys animals, then maybe buy her a zoo membership instead of an item. It'll help create memories for her with her kids that they can cherish for years. Or even make her animal-shaped pancakes for breakfast or something equally simple but that will stir conversation."

MAKING A FUSS OVER MOM

According to a recent survey from retailmenot.ca, Canadians make a bigger fuss over Mother's Day than Father's Day. The online survey of more than 1,500 people reports that 48 per cent of respondents admit to spending more money on Mother's Day than Father's Day. And 64 per cent of respondents confess to getting more creative with giving gifts on Mother's Day than Father's Day.

Make this Mother's Day bright and special for moms and moms-to-be. SHUTTERSTOCK

Treasure special moments with moms-to-be

Sunday is a special time to celebrate and honour the moms-to-be in your life.

As expectant moms tirelessly plan, nurture and care for their developing baby, make this Mother's Day truly bright and special with a thoughtful gift and some pampering.

PHOTOSHOOT

While at times it may feel as though pregnancy lasts forever, once a new mom holds her baby for the very first time, the months leading up to that special moment will actually seem fleeting. Treasure this special time by hiring a professional maternity photographer to capture mom in her full, baby-belly glory.

PRENATAL MASSAGE

A soothing, tailor-made massage offers the ultimate in relaxation, and provides major health benefits. "Not only does it reduce pain, muscle cramps, but it also increases blood flow which brings more oxygen and nutrition to all of the tissues in the body," said Kailee Kline, founder of Toronto-based Healthwinds Spa.

PUT HER FEET UP

Arrange a mani-pedi at her favourite nail spa, but because nail polish often contains harsh chemicals, choose a salon that takes a holistic or non-toxic approach. This little bit of personal time will leave her feeling pampered and polished, while nourishing dry, perhaps swollen, feet.

LIFE STORY

Create a photo album celebrating some of your most memorable moments together. There are plenty of options to choose from, including iPhoto, Shutterfly, Snapfish, or buy an album and print pictures at home. Make sure you include a heartfelt dedication.

TANYA ENBERG/FOR METRO

Making life a little easier

Mike Yawney
For Metro

Flowers may be beautiful and brunch may be delicious, but if you want a gift that mom will use again and again you have to think outside the box. Technology is playing a bigger role in our lives than ever before. Here are some of the best high-tech gifts you can give mom this Mother's Day.

KOBO GLO HD — $129.99

Help mom relax and escape the daily grind by escaping with a great book. This latest eReader from Kobo is not only thin and light, it offers an incredible high-definition display, with text so clear it's like reading a paperback. The anti-glare screen is ideal for reading in direct sunlight while the illuminated screen makes it perfect for reading in the dark. A single charge can last up to two months.

PIGEON FRAME — $119

Share precious memories with mom year-round with this unique digital photo frame. Designed in Canada, this 10-inch frame connects to the Internet, allowing family members to upload photos and videos right to the frame from anywhere in the world. A built-in motion sensor automatically turns off the display when no one is present to save power.

AERVANA — $99.98 US

The world's first electric wine aerator. Not only will it improve the flavour profile of mom's favourite wine, it does so without the mess of traditional aerators. Aervana is designed to leave wine sediment on the bottom so it doesn't end up in your glass.

EVERPURSE — $249 US

A stylish way to recharge smartphones on the go. When mom slips her smartphone inside Everpurse, it will begin to recharge — no cables and cords. The purse itself charges overnight when placed on a special charging matt so it's ready to go when she is.

ANOVA — $179 US

A tool that can turn any mom into a professional chef. The Anova precision cooker creates a warm water bath to gently cook meat and other foods, sealing in natural juices and flavour. This technique is used by top chefs around the globe. Just don't ask your mom to use her gift on Mother's Day. After all, you should be the one cooking.

RINGLY — $195 US AND UP

A clever ring that ensures mom will never miss another text, email or phone call again. The 18-karat gold-plated ring features four vibration patterns along with a light-up indicator, letting her know when someone is trying to get a hold of her. Available in variety of gemstones.

APPLE WATCH — $449 AND UP

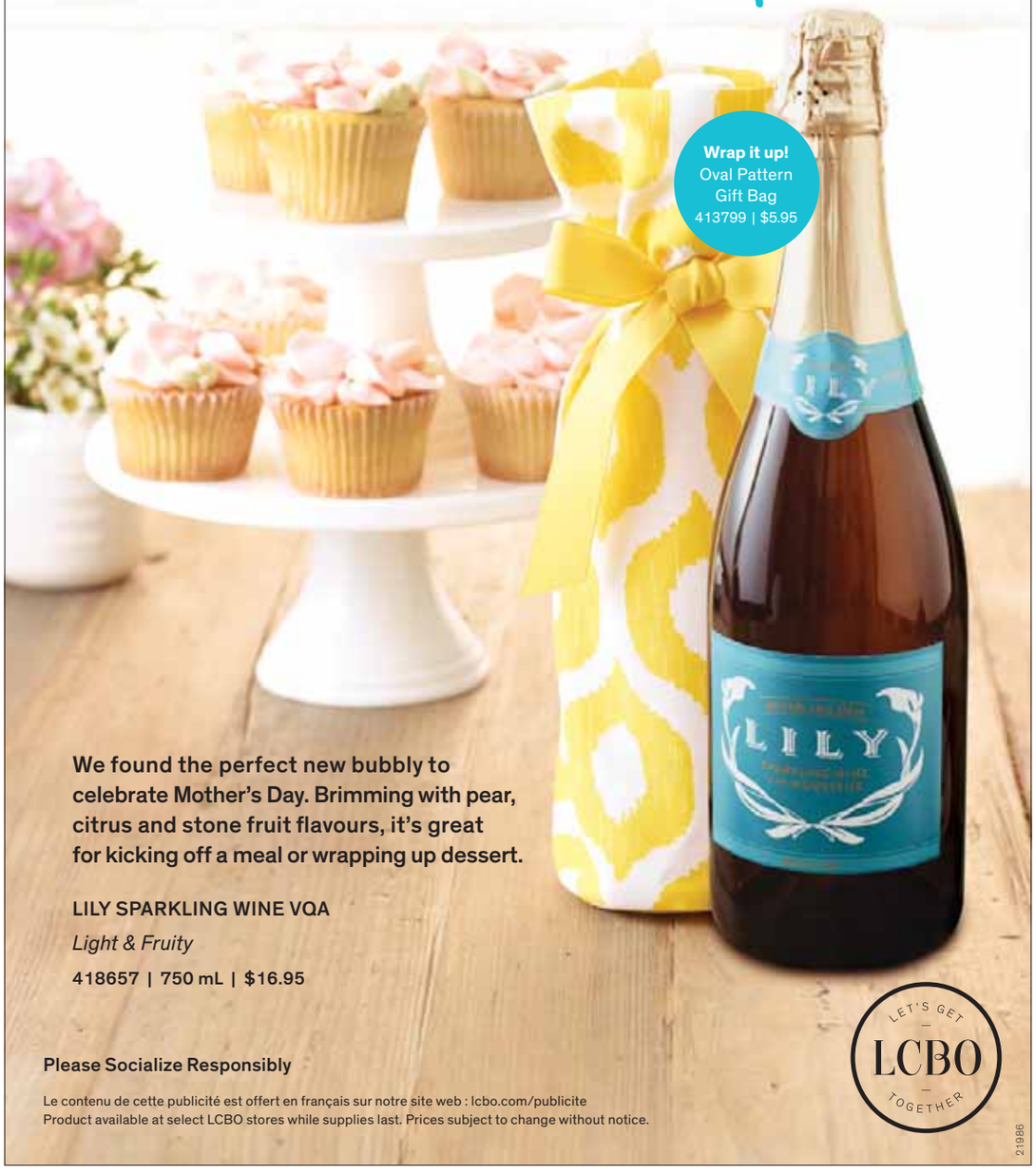
A fashion-forward timepiece with thousands of uses. Read incoming texts, email or receive phone calls without ever touching your iPhone. The built-in heart rate monitor will help mom reach her fitness goals while offering encouragement along the way. If that's not enough, there are thousands of apps that will let her do anything from controlling the lights in her home to managing her personal finances right on her wrist.

PARROT FLOWER POWER — $79.95

This unique sensor monitors houseplants, sending real-time analytics to your iPhone. Parrot Flower Power knows if the room temperature is ideal and whether your plant is receiving enough light, moisture and fertilizer. If conditions aren't right, your mom will be sent a notification on her iPhone, iPad or iPod Touch.

Clockwise, from top left, Everpurse — $249 US, Anova — $179 US, Apple Watch — $449 and up, Ringly — $195 US and up, and Kobo Glo HD — $129.99.

Make Mother's Day sparkle.



We found the perfect new bubbly to celebrate Mother's Day. Brimming with pear, citrus and stone fruit flavours, it's great for kicking off a meal or wrapping up dessert.

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The Salvation Army provides hands-on help. CONTRIBUTED

Heartfelt thoughts

Ylva Van Buuren
For Metro

The gift of charity is a wonderful Mother's Day gift, says Shannon Craig, vice-president of marketing at CanadaHelps.

"When you give a gift to a charity that is meaningful to your mom, it sends the message that you're listening and you know what she cares about."

You are also saying something about yourself — that charity matters, Craig said.

"Many moms will value the gift and the fact the child she has raised wants to give back."

CanadaHelps.org is a one-stop shop for donating to any registered Canadian charity.

For Mother's Day, "think about what matters to your mom," Craig said. "A crisis such as the Nepal earthquake is critical (visit crisisreliefcentre.org). But every community has a cat rescue, food bank, or other charity that may be close to her heart."

A charity gift card from CanadaHelps lets mom choose the charity herself, Craig said.

Here are some other charity suggestions:

Charity gift cards from CanadaHelps. CONTRIBUTED

The Humane Society helps protect animals. CONTRIBUTED

Hope Air arranges free flights to get financially-disadvantaged Canadians to needed health care. CONTRIBUTED

MÉDECINS SANS FRONTIÈRES (MSF)/ DOCTORS WITHOUT BORDERS

Provides emergency medical relief in areas. A one-time gift, monthly donation or a tribute gift in your mom's name will help MSF to provide emergency medical help to those who need it most in emergency and disaster zones around the world. Find gifts at msf.ca/en/donate-now.

WWF CANADA

Protects the environment to build a sustainable future. WWF has a special Mother's Day promotion — all family adoption kits are a special price of $50. Find gifts for mom at shop.wwf.ca/collections/adoptions.

ME TO WE

Founded by brothers Craig and Marc Kielburger, socially-responsible partner organizations encourage youth to help people and communities for a better world. Mom will be able to track the impact of the gift. For example, one necklace equals medicine for a child. Find these gifts and others at shop.metowe.com/gifts/mother-s-day.

PLAN CANADA

Works to end global poverty and improve the lives of children, and also created Because I Am A Girl, a global initiative to promote girls' rights. A gift of a newborn checkup would help another mother in the developing world (the $30 gift is matched for a $120 value and helps ensure that babies thrive and new moms recover well from child delivery). Find Gifts of Hope and others at plancanada.ca.

SALVATION ARMY

Provides hands-on help to children and families, homeless people, and people with addiction problems. A donation in your mother's name can help serve a meal to a hungry child ($60) or help feed a vulnerable family ($100). Find gifts at salvationarmy.ca.

HOPE AIR

Arranges free flights to get financially-disadvantaged Canadians to needed health care. Adopt a flight for $125 for your mom, and she will receive a certificate showing the exact flight that was funded. Find gifts at hopeair.ca.

WORLD VISION

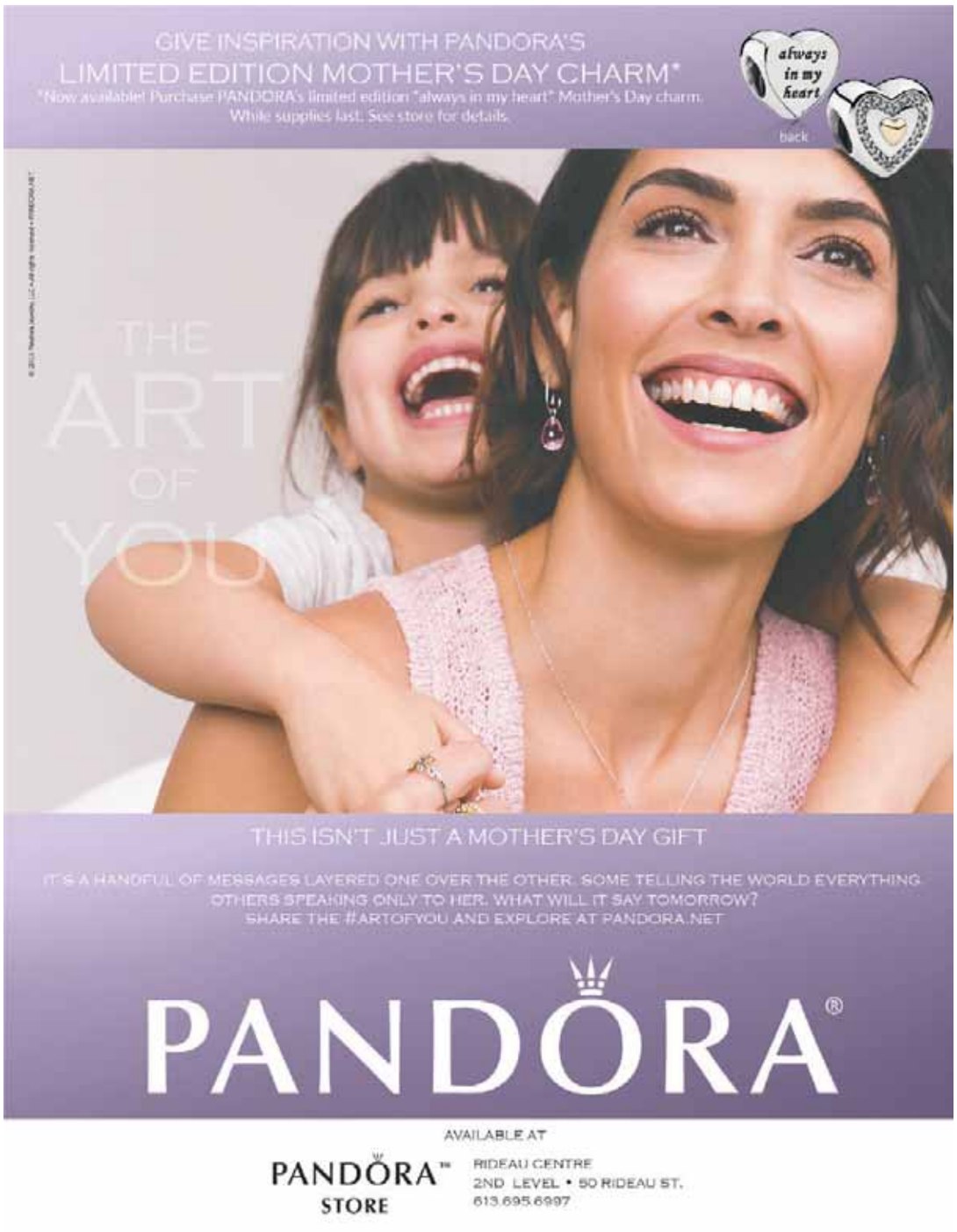
Helps children, families and communities overcome poverty and injustice. A healthy mom and baby package ($100) ensures safe delivery of a pregnant mom's baby, or educate a girl ($60). Find more Mother's Day gifts worldvision.ca.

HUMANE SOCIETY OF CANADA

Protects animals and the environment through hands-on rescue and other programs. Choose an animal or wildlife guardian package for your mom. Find more gift ideas at humanesociety.com.

THE CHILDREN'S WISH FOUNDATION

Grants wishes to children suffering from high-risk, life-threatening illnesses. For more, visit childrenswish.ca.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metro SPORTS

Bryce Harper hit three home runs as the Washington Nationals topped the Miami Marlins

Thursday, May 7, 2015

Canada's Christine Sinclair has netted a remarkable 153 goals in 222 international games. RICH LAM/GETTY IMAGES

Sinclair is our humble heroine

SOCCER

Canada's World Cup hope shuns fame to focus on the game

Not a lot rattles Christine Sinclair. Not even the eyes of a nation.

Sinclair is doubling as striker and as ambassador for Canada when her native country hosts the Women's World Cup starting in June. No doubt there's mounting pressure, but so far Sinclair isn't letting it get to her.

"I really haven't spent too much time thinking about the actual World Cup; everything that I'm focused on is the preparation for it," she said.

The response is typical of the soft-spoken and unassuming 31-year-old, who would rather let her play on the pitch speak for her. Sinclair is probably America's best-known non-American women's soccer player. She was on the University of Portland's two NCAA championship teams and now plays for the Portland Thorns of the National Women's Soccer League.

> **Regardless of how much stardom she could have, she just wants to play football.**
> Canada coach John Herdman

But in Canada she's a celebrity — albeit a shy one. She ranks behind only Abby Wambach among active players for international goals with 153 (Wambach has the record with 178), and needs five more to match Mia Hamm for second on the all-time list.

"I think her biggest asset, what everyone relates to, is just how humble she is. Regardless of how much stardom she could have, she just wants to play football, and keep it simple and be with her team," Canada coach John Herdman says. "She's not interested in going out and doing the glitzy sort-of celebrity things."

Sinclair grew up in Burnaby, B.C., and from the start it seemed natural that she would wind up in Portland: uncles Bruce and Brian Grant both played for the NASL's Portland Timbers. Her family rented a home from Clive Charles, who also played for the Timbers and later became the well-respected coach of both the men's and women's teams at Portland.

Her first year with the Pilots in 2001 she led all Division I freshman with 23 goals. As a sophomore she tallied 26 goals and led Portland to the NCAA national championship, scoring twice in the 2-1 double-overtime victory over Santa Clara. Her senior year she scored a NCAA record 39 goals, including a pair in a 4-0 victory over UCLA for a second national title.

Charles, who died of cancer in 2003, remains an influence.

"One thing he taught me is to respect the game. He used to say, every time I'd go out, 'You better earn your right to play, because other players are fighting for the exact same thing that you are,'" she said. "That's something I'll never forget."

Sinclair has been a standout on the Canadian national team since 2000, when she led it with three goals in the annual Algarve Cup tournament in Portugal. She's now a veteran of three World Cups and two Olympics.

Canada surpassed expectations with a bronze medal at the 2012 London Games. Sinclair set a record with six goals in the tournament to win the tournament's Golden Boot.

Canada's surprising London finish — as well as the home-field advantage — is fuelling Sinclair and her teammates going into the World Cup. "I think that the London experience gave us a taste of winning, and you don't want to let that go," she said.

Canada is ranked No. 8 in the world as the World Cup looms. The home team is in Group A, along with China, New Zealand and the Netherlands, and will open the tournament against China in Edmonton, Alta. on June 6. THE ASSOCIATED PRESS

Tom Brady. GETTY IMAGES

NFL — 'DEFLATEGATE'

Inquiry says Brady 'generally aware' of ball tampering

An NFL investigation released Wednesday concluded New England Patriots employees likely deflated footballs used in the AFC Championship and that quarterback Tom Brady was "at least generally aware" of the rules violations.

The NFL began investigating what's now known as "Deflategate" after the Patriots defeated the Colts 45-7 on Jan. 18. The Colts complained that several balls were under-inflated and the NFL confirmed that 11 of the 12 footballs were under the limit.

The investigation started as the Patriots were preparing for the Super Bowl — which they won two weeks later. NFL Commissioner Roger Goodell said Troy Vincent, the league's executive vice-president of football operations, would review the 243-page report on attorney Ted Wells' investigation and consider what steps to take next.

"We will continue our efforts to protect the integrity of the game and promote fair play," Goodell said. The NFL requires balls to be inflated between 12.5 and 13.5 pounds per square inch, and each team is responsible for the balls it uses on offence.

Footballs with less pressure can be easier to grip and catch. Some quarterbacks prefer footballs that have less air. Brady said he prefers footballs inflated to 12.5 and on many occasions, Brady said he never asked for balls to be deflated outside of the rules.

But the NFL report concluded "it was more than probable than not" that Jim McNally, the officials' locker room attendant, and John Jastremski, an equipment assistant for the Patriots, were involved in "a deliberate effort to release air" from the footballs before kickoff of the AFC title game — and after they were examined by the referee.

The report cites evidence that McNally took the game balls into a bathroom at Gillette Stadium, and stayed there for "an amount of time sufficient to deflate 13 footballs using a needle." Other evidence included referee Walt Anderson's inability to locate the previously approved footballs at the start of the game — the first time that had happened to him in 19 years. THE ASSOCIATED PRESS

PATRIOTS EMPLOYEES TEXTS

The report includes salty text messages between McNally and Jastremski that imply Brady was requesting footballs deflated below 12.5 pounds per square inch. The texts described requests from McNally for shoes and signed footballs from Brady in exchange for deflating the balls. "Remember to put a couple sweet pig skins ready for tom to sign," one said. "Nice, throw in some kicks and make it real special," another said.

NHL PLAYOFFS

Flames' scoring depth shows up

Secondary scoring helped the Calgary Flames inch back into their playoff series against the Anaheim Ducks.

More of it is needed for the Flames to extend and win it.

Calgary's top line of Sean Monahan, Jiri Hudler and Johnny Gaudreau have yet to score at even strength in their Western Conference semifinal, due in large part to Anaheim's suffocating forward unit of Ryan Kesler, Matt Belesky and Jacob Silfverberg.

Gaudreau's electrifying power-play goal with 19 seconds to go in Game 3 was the buzz Wednesday as it doused fires on several fronts for the Flames.

The Calder Trophy candidate's wrist shot on a two-man advantage deadlocked the game and opened the door for Mikael Backlund to score the 4-3 overtime winner. Calgary avoided falling behind three games to none in the series.

Gaudreau's goal also diffused fans' resentment over a disallowed Sam Bennett equalizer earlier in the third period, which would have been debated for days in Calgary had the Flames lost.

But overlooked was Joe Colborne and Backlund scoring their first goals and fourth-liner Brandon Bollig collecting his second of this post-season.

"It's up to us to step up and take some of the pressure off our top line," Colborne said. "You can't win a Stanley Cup with just one line going."

The Flames trail two games to one in the best-of-seven conference semifinal. The Kesler line isn't likely to let up on Monahan's unit in Friday's Game 4, as the Ducks will be hungry to steal a win at the Scotiabank Saddledome and close it out Sunday at the Honda Centre.

THE CANADIAN PRESS

Joe Colborne scored his first goal of the playoffs on Tuesday night in Game 3 against the Ducks. THE CANADIAN PRESS

Barcelona bosses Bayern

UEFA CHAMPIONS LEAGUE

Catalan club turns the screw at Camp Nou

SEMIFINAL First leg

3 – 0

Lionel Messi had two goals and set up Neymar for another as Barcelona scored three late goals to overwhelm Bayern Munich and former coach Pep Guardiola 3-0 Wednesday night in the first leg of their Champions League semifinal.

Messi put Barcelona ahead in the 77th minute with a 19-yard left-footed shot that beat goalkeeper Manuel Neuer following a giveaway by Juan Bernat to Dani Alves.

Messi doubled the lead three minutes later when he took a pass from Ivan Rakitic at the 18-yard box, dribbled in, turned around the falling Boateng and chipped the ball past Neuer with his right foot from six yards out.

Messi has 53 goals in 51 games this season, including 10 in 11 Champions League matches. With 77 career Champions League goals, he moved one ahead of Real Madrid's Cristiano Ronaldo for the record.

Barcelona's Lionel Messi, left, scores past Bayern Munich's goalkeeper Manuel Neuer on Wednesday in Barcelona. LLUIS GENE/AFP/GETTY IMAGES

"Guardiola knows Messi, and he knows that if he is inspired nobody can stop him," Barcelona defender Gerard Pique said. "He scored two spectacular goals."

Barcelona's third goal developed when Luis Suarez was fouled by Bastian Schweinsteiger near midfield, the ball rebounded to Messi and Italian referee Nicola Rizzoli allowed play to continue because of Barcelona's advantage.

Messi fed Neymar from midfield for a breakaway, and Neymar slotted past Neuer from 14 yards in the fourth minute of stoppage time.

Barcelona outshot Bayern 17-8, including 8-0 on target.

The second leg of the total-goals series is Tuesday in Munich. The following night, Real Madrid tries to overturn a 2-1 deficit against visiting Juventus.

THE ASSOCIATED PRESS

INTERNATIONAL RELATIONS HOLY HOOPS TAKE OVER VATICAN Harlem Globetrotters Hi-Lite Bruton, left, Ant Atkinson and Big Easy Lofton watch as teammate Flight Time Lang helps Pope Francis spin a basketball on his finger during the Pope's weekly general audience in St. Peter's Square at the Vatican on Wednesday. The Globetrotters, who are touring Italy, presented the Pope with a framed No. 90 jersey with his name on the back. L'OSSERVATORE ROMANO/POOL PHOTO/THE ASSOCIATED PRESS

LEGAL ACTION

Mayweather's ex sues for defamation

The mother of three of Floyd Mayweather Jr.'s children sued the undefeated boxing champion for defamation over his recent comments about her and a 2010 domestic violence attack in Las Vegas.

Josie Harris filed the lawsuit Tuesday in Los Angeles Superior Court, days after her ex-boyfriend defeated Manny Pacquiao in a highly anticipated bout.

Mayweather's attorney Shane Emerick said he hasn't been served the case and declined to comment Wednesday.

The lawsuit focuses on comments Mayweather made during an April interview with Yahoo News anchor Katie Couric in which he said he was restraining his ex-girlfriend and that she was on drugs at the time of the incident. The lawsuit calls Mayweather's comments "utterly false."

Mayweather was arrested and charged with domestic violence after an attack on Harris in September 2010. THE ASSOCIATED PRESS

IN BRIEF

UFC looking to the future with Reebok clothing deal

The UFC says the decision to have Reebok exclusively clothe its athletes will cost the MMA promoter millions in the short run. But it expects the deal will be profitable down the line, with the fighters also seeing a cut from clothing sales.

Starting July 11, they will have to wear Reebok gear on fight night and during fight week. They cannot display any other of their other sponsors during that time.

THE CANADIAN PRESS

SOCCER

FIFA fires back at German broadcaster

FIFA has heavily criticized its broadcasting partner in Germany for a documentary about World Cup hosts Russia and Qatar that was aired after a reporter revealed his filming crew had been arrested in Doha and had footage and personal data deleted.

FIFA's communications director Walter de Gregorio alleged Wednesday that German network ARD distorted facts in a "bashing" of the governing body.

Reporter Florian Bauer revealed on his Twitter account that he and three colleagues were arrested in March and detained for five days. THE ASSOCIATED PRESS

> **"It looked like they want to hide something or want to prohibit us coming."**
> Reporter Florian Bauer

RECIPE Roasted seafood over linguini with lemon olive oil

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 12 minutes
Serving Size: 4

Ingredients

- 12 oz raw shrimp, peeled and deveined (tail left on)
- 8 oz cleaned squid cut into rings
- 12 mussels, scrubbed
- 8 oz linguini
- 2 tsp vegetable oil
- 1 cup thinly sliced red onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced zucchini
- 3 Tbsp olive oil
- 3 Tbsp freshly squeezed lemon juice
- 2 tsp crushed fresh garlic
- 1 tsp hot chili sauce, or to taste
- 1/3 cup chopped cilantro or basil
- pinch salt and freshly ground black pepper

Directions

1. Preheat the oven to 425ºF. Line a baking sheet with foil and spray with cooking oil.

2. Place the shrimp, squid and mussels on the prepared baking sheet. Roast for 8 minutes, or until the mussels open. Remove from the oven and keep covered.

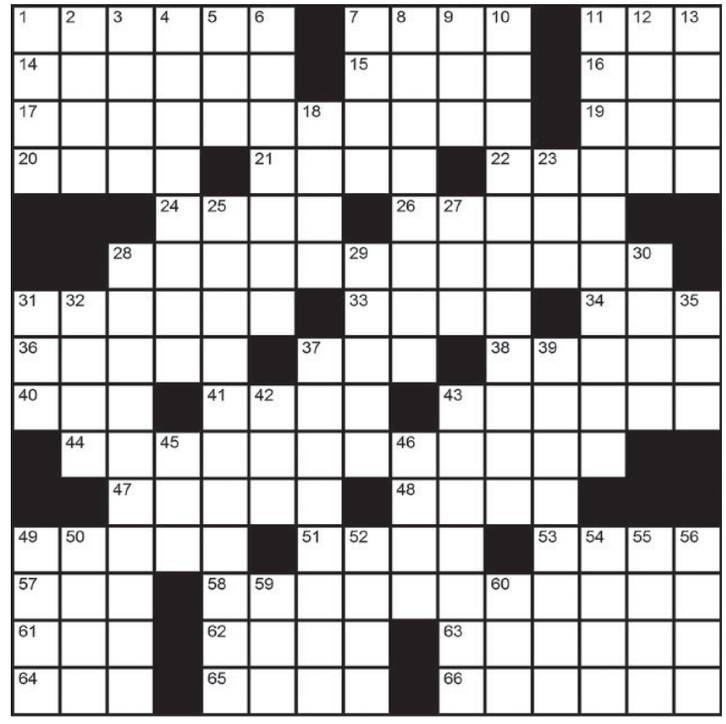
3. While the seafood roasts, cook the linguini in boiling water until al dente, about 8 minutes. Drain, reserving 2 tbsp of the pasta water for the sauce. Set aside.

4. While the pasta cooks, spray a large non-stick skillet with cooking oil, add the vegetable oil and place over medium heat. Add the onion, bell pepper and zucchini; stir-fry for 4 minutes, just until the vegetables begin to soften. Add the seafood, pasta, reserved pasta water, olive oil, lemon juice, garlic, chili sauce, cilantro, salt and pepper. Toss well and serve.

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Rain, e.g.
7. Richie's mom, Fonzie-style
11. Bathroom cleansing brand
14. Go for _ _ (Travel by car)
15. Prie-_ (Prayer bench)
16. Brouhaha
17. Extreme entertainment enjoyer: 2 wds.
19. Modern
20. _-les-Moulineaux, France
21. Wood: French
22. "Presto!" [pl.]
24. Pre-Virgo people
26. Axe: French
28. Anne of _ _ (Green Gables girl Anne is now a teacher in Summerside, PEI in this 1936 L.M Montgomery book)
31. Patriot Games novelist Tom
33. "At Last" singer Ms. James
34. Maude portrayer
36. Madonna's "_ _ Prayer"
37. Monogram of the author of Treasure Island
38. Sales pitch
40. 'Client' completer
41. Libertine
43. Sacred songs
44. 1967: Canada's _ _ (Pierre Berton book)
47. "_ Harbor" (2001)
48. Invoice abbr.
49. Britannica, e.g.
51. "Here It Goes Again" band: 2 wds.
53. "Bonanza" son
57. Bygone bird
58. Design to transfer onto a t-shirt: 2 wds.
61. 'B' or 'C' of The Spice Girls
62. Jacob van _ the Elder (Flemish painter)
63. Actress Gail
64. _-inclusive
65. Bill 'The Science Guy', and surnamesakes
66. Flippantly talks back

DOWN

1. "I Luh Ya _" by Jennifer Lopez
2. Nutrition amts.
3. Blunders
4. Daytime show on Canadian television since 1984
5. Trellis plant
6. Computer-animated flick, "Mr. _ & Sherman" (2014)
7. Gladiator's 1502
8. Drumming punctuations
9. Beaufort _
10. Movie or TV show with a loyal niche audience: 2 wds.
11. Gloria _, CNN host Anderson Cooper's designer mom
12. Notion
13. Does lawn work
18. Meddlesome [var. sp.]
23. "Gotcha!"
25. Edwin _ (Toronto Blue Jays player)
27. Fitting
28. Hotel service; or, warning prompting change: 2 wds.
29. Ship co-owner in Moby-Dick, Captain _
30. Feel
31. Canadian actor Mr. Bennett
32. Lively tune
35. Mr. Pacino's
37. Be a dog in an off-leash park: 2 wds.
39. Florida's NHL team
42. 'To hear' in Spanish
43. Pennsylvania mountains
45. King: Spanish
46. American Samoa's capital, when repeated
49. Ms. Stone
50. Liam's rocker brother
52. Chess pieces, e.g.
54. Wood sorrels
55. "Smooth Operator" singer
56. Mr. Stallone's, briefly
59. Banjo player Mr. Clark
60. Filmmaker org.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may enjoy upsetting the odds but don't get carried away. The planets warn if you make too many waves between now and the weekend it could be you who ends up underwater.

Taurus April 21 - May 21
Do something different over the next 24 hours, something that those who believe you are traditional by nature would never guess you are capable of. It's time to get yourself noticed.

Gemini May 22 - June 21
Whatever else you do today do not put money before love. If you want to impress someone who means a lot to you then do whatever it takes and don't worry how much it may cost. Whatever the price it will be worth it.

Cancer June 22 - July 23
You have nothing to worry about, so stop being so fearful and get out there into the world. The planets indicate if you think lucky you will be lucky — so what have you got to lose?

Leo July 24 - Aug. 23
Do you think with your head or do you feel with your heart? Over the next two or three days you should favor your heart over your head. Not everything in life needs to make sense.

Virgo Aug. 24 - Sept. 23
The order of the day is to have as much fun as is humanly possible. You have been working far too hard of late. If you're not smiling then you are doing it wrong.

Libra Sept. 24 - Oct. 23
Work and romance will go well together over the next two or three days — you don't have to choose between them. Use your Libran charms to influence people in positions of power.

Scorpio Oct. 24 - Nov. 22
Do something that makes you feel good about yourself. Also, you may need to remove yourself from an environment that reminds you of things, or people, you would prefer to forget.

Sagittarius Nov. 23 - Dec. 21
No matter what happens today, don't take it too seriously. Treat whatever occurs, be it "good" or be it "bad" as part of life's little game. It's your attitude that makes your world.

Capricorn Dec. 22 - Jan. 20
This should be a thoroughly enjoyable day for you, though looking back a few days hence you may wonder how and why you acted so out of character.

Aquarius Jan. 21 - Feb. 19
You won't hesitate to help someone in need today but the planets warn that the tale of woe you hear is only half of the story. Be that as it may you are not the sort to let them suffer.

Pisces Feb. 20 - March 20
Someone new on your social scene will get your heart beating faster today. Could a new romance be forming? There is certainly a psychic link between you, a karmic connection that neither can ignore.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				2	7	9		
	7	8	4	6				
	9		8					7
	4	1		7				3
7	3						4	8
6				1		7	2	
3					5		7	
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